

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

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**Uncrustable 5.3 ounce**

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**Yogurt Cup w Granola**

**Chicken w Waffles**

**Oatmeal w Toppings**

**Donut(s)**

**Frudel**

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**Chef Entree Salad**

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**Sweet and Sour Chicken w Fried Rice**

**General Tso Chicken w Fried Rice**

**Orange Chicken w Fried Rice**

**Teriyaki Noodle Bowl**

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**Turkey, Egg, and Cheese Panini**

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**Mashed Potatoes**

**Seasoned Breakfast Potatoes**

**Tomato and Cucumer Salad**

**Grape Tomatoes**

**Kiwi Slices**

**Bush's Baked Beans**

**Warm Breakfast Pastry**

**Blueberry Smoothie**

**Fruit and Yogurt Parfait**

**Pasta Salad**

**Cook's Choice**

**Sweet Mini Peppers**

**Cottage Cheese**

**Bosco Sticks w Marinara Sauce**

**Orange Chicken w Fried Rice**

**Waffles w Sausage Patties**

**Dried Fruit**

**Banana**

**Egg and Cheese Breakfast Burrito**

**Cherry Tomatoes**

**Macaroni and Cheese**

**Popcorn Chicken**

**Egg and Cheese Breakfast Biscuit**

**Fresh Broccoli**

**Lasagna Roll Up w Garlic Breadstick**

**Pot Stickers**

**Chili w 1/2 PB Sandwich**

**Bacon Egg and Cheese Sandwich**

**Sausage Biscuit and Country Gravy**

**Turkey and Cheese Cibatta**

**BBQ Chicken Sandwich**

**Teriyaki Chicken Sandwich**



**Breaded Mozzarella Sticks**

**Hash Brown Triangles**

**Chili**

**Hot Chocolate**

**Pizza Bento Box**

**Charcuterie Box**

# French Toast Sticks w/ SF Syrup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3037

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 130-2.65Z	300 Each	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen	548732
SYRUP PANCK DIET CUP 100-1Z SMUCK	100 Each		666785

## Preparation Instructions

1. Thaw french toast sticks prior to cooking
2. Bake at 350 for 10 minutes
3. Serve 1 toast slice (3 sticks) with 1 syrup cup

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	125.00mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 1.61mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Macaroni Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3908

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 4-5 GCHC	6 1/4 Pound		413320
MAYONNAISE LT 4-1GAL GFS	1 Quart		429406
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SUGAR BEET GRANUL 25 GCHC	1 Quart		108588
PEPPERS RED 5 P/L	1 1/2 Quart		597082
BROCCOLI FLORET BITE SIZE 2-3 RSS	1 1/2 Quart		732451
CARROT MATCHSTICK SHRED 2-3 RSS	2 1/4 Pound		198161
CELERY DCD 1/4 2-5 RSS	1 9/16 Quart		198196
ONION DCD 1/4 2-5 RSS	1 Quart		198307
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add macaroni. Stir constantly until water boils again. Cook about 10-12 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.

Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well. Set aside for step 5.

Pour 2 ¼ cups (about 1 lb 5 ½ oz) dressing over 1 gal 2 qt (about 5 lb 2 oz) vegetable and pasta mixture. Stir well.

Transfer 1 gal 2 qt (about 6 lb 7 ½ oz) macaroni salad to a steam table pan (12 x 20 x 2 1/2).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Garnish with paprika.

Portion with 6 fl oz spoodle (3/4 cup).

Notes:

- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Serving
- 4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.
- 5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/4 cup vegetable and 1 serving grains/bread.
- 6: \*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.060
<b>RedVeg</b>	0.140
<b>OtherVeg</b>	0.065
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	457.26
<b>Fat</b>	2.70g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.40mg
<b>Sodium</b>	49.15mg
<b>Carbohydrates</b>	96.89g
<b>Fiber</b>	4.83g
<b>Sugar</b>	13.56g
<b>Protein</b>	14.52g
<b>Vitamin A</b> 2054.76IU	<b>Vitamin C</b> 24.56mg
<b>Calcium</b> 33.89mg	<b>Iron</b> 3.77mg

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## Nutrition - Per 100g

<b>Calories</b>	403.23		
<b>Fat</b>	2.38g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.64mg		
<b>Sodium</b>	43.34mg		
<b>Carbohydrates</b>	85.44g		
<b>Fiber</b>	4.26g		
<b>Sugar</b>	11.96g		
<b>Protein</b>	12.80g		
<b>Vitamin A</b>	1811.99IU	<b>Vitamin C</b>	21.66mg
<b>Calcium</b>	29.88mg	<b>Iron</b>	3.33mg

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# Breakfast Quesadilla - Elementary

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3912

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	25		240080
Ham, 97% Fat Free, Cooked , Water Added, Sliced	17 1/2		100187
TORTILLA FLOUR ULTRGR 6 30-12CT	25		882690

## Preparation Instructions

Thaw omelet patties overnight.

1. Wash hands with soap and warm water.
2. Spray full sheet trays with pan spray. Set aside.
3. Unfold omelet patty and insert 0.5 oz sliced ham. Refold patty.
4. Insert patty into tortilla shell. Fold over tortilla shell.
5. Place unbaked quesadillas on sprayed full sheet tray.
6. BAKE 20 minutes until golden brown and internal temperature reaches 160F.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.574
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	231.23
<b>Fat</b>	14.15g
<b>SaturatedFat</b>	6.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	175.33mg
<b>Sodium</b>	508.11mg
<b>Carbohydrates</b>	17.15g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.57g
<b>Protein</b>	11.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.00mg	<b>Iron</b> 2.00mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Breakfast Quesadilla - High School

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3913

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6 30-12CT	25		882690
EGG OMELET PLN SNGL FOLD 75-3Z GCHC	17 1/2		462497
Ham, 97% Fat Free, Cooked , Water Added, Sliced	25		100187
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	25	READY_TO_EAT	100018

## Preparation Instructions

Day Before Service Preparation:

1. Place frozen omelet patties on full sheet trays in single layer.
2. Place trays on rolling rack. Cover and place in cooler to thaw overnight.

Day of Service Prep:

1. Pull/Cut omelet patties in half.
2. Lay half of the omelet patty on one side of the tortilla shell.
3. Layer folded ham and sliced cheese on top of 1/2 of egg omelet.
4. Fold tortilla in half to cover ham, cheese, and egg.
5. BAKE in COMBI OVEN for 15-20 minutes or until internal temperature reaches 160 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.570
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	335.33
<b>Fat</b>	21.34g
<b>SaturatedFat</b>	9.92g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	214.75mg
<b>Sodium</b>	615.66mg
<b>Carbohydrates</b>	20.74g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.22g
<b>Protein</b>	17.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 64.60mg	<b>Iron</b> 1.70mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Waffles w SF Syrup

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3917

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	10 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	10 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240
WAFFLE MINI MAPL IW 72-2.65Z EGGO	10 Package		284811
WAFFLE MINI CINN IW 72-2.65Z EGGO	10 Package		284821
WAFFLE BEL WHLWHE 48-3.5 GINNYS	10 Each		243572
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	226.00
<b>Fat</b>	7.20g
<b>SaturatedFat</b>	2.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.00mg
<b>Sodium</b>	264.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	12.60g
<b>Protein</b>	3.80g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 118.00mg	<b>Iron</b> 2.23mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Scrambled Eggs w/ Hash Brown Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3918

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	1 Gallon 1 Quart (20 Cup)		762861
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup		191205
HASHBROWN PTY 120-2.25Z OREI	50 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## Preparation Instructions

Directions:

Beat eggs thoroughly.

Add milk and salt. Stir well.

Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. Pour 1 qt 3 1/2 cups 2 Tbsp egg mixture into each pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 20 minutes. Stir once after 15 minutes. Convection oven: 300 °F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT OVERCOOK.

Critical Control Point: Heat to 165 °F for 15 seconds.

Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

Add 2 1/2 Tbsp margarine to each pan. Stir well.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

For best results, serve within 15 minutes.

If desired serve with 1/4 cup pico de gallo (see G-15).

Portion with No. 16 scoop (1/4 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate.

5: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz meat/meat alternate.

Hash Brown Patty

1. Spray full sheet trays with pan spray.

2. Arrange frozen hash brown patties in single layer on full sheet trays.

3. BAKE in CONVECTION OVEN at 425 degrees for 10-15 minutes. Turn once during bake time for uniform cooking. Remove when product is light golden brown in color.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	232.56		
<b>Fat</b>	14.36g		
<b>SaturatedFat</b>	4.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	279.17mg		
<b>Sodium</b>	409.50mg		
<b>Carbohydrates</b>	14.40g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	10.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.80mg	<b>Iron</b>	1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	410.17
<b>Fat</b>	25.33g
<b>SaturatedFat</b>	7.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	492.37mg
<b>Sodium</b>	722.24mg
<b>Carbohydrates</b>	25.40g
<b>Fiber</b>	1.76g
<b>Sugar</b>	2.82g
<b>Protein</b>	18.70g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 107.23mg	<b>Iron</b> 2.82mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Biscuit and Jelly

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3920

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JELLY ASST 10 200-10GM GCHC	25 Each		503162
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	25 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	245.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	7.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	170.00mg	<b>Iron</b>	1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Muffin

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	10 Each		262343
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	10 Each		557991
MUFFIN BANANA WGRAIN IW 48-2Z SL	10 Each		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	10 Each		262370

## Preparation Instructions

Thaw and serve.

Heat and serve.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	188.57
<b>Fat</b>	6.43g
<b>SaturatedFat</b>	1.71g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	24.29mg
<b>Sodium</b>	123.57mg
<b>Carbohydrates</b>	30.43g
<b>Fiber</b>	1.71g
<b>Sugar</b>	15.86g
<b>Protein</b>	2.71g
<b>Vitamin A</b> 2.06IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 20.15mg	<b>Iron</b> 0.98mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Ham Egg and Cheese Breakfast Biscuit HS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3922

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320
CHEESE AMER 160CT SLCD 6-5 COMM	50 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	50 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210
CHIX HAM BLACK FOREST SLCD 6-2 TYS	50 Slice	UNSPECIFIED Not Applicable	527380

## Preparation Instructions

Day Before Service Prep:

1. Wash hands and put on new gloves
2. Tray biscuit dough and bake at 350 for 23-27 minutes until golden brown
3. Place egg patty, cheese slice, and one slice of ham in between biscuit top and bottom
4. Individually wrap in Commercial Foods Hot Bag (#17686)
5. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	345.00
<b>Fat</b>	18.63g
<b>SaturatedFat</b>	8.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	117.50mg
<b>Sodium</b>	727.50mg
<b>Carbohydrates</b>	30.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.75g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 220.25mg	<b>Iron</b> 1.69mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pancakes with Breakfast Sausage

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3923

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GCHC	50 Each	BAKE	160090
PANCAKE STRAWB WGRAIN IW 72-3.17Z	10 Package	<p>READY_TO_EAT</p> <p>Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269230
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	10 Package	<p>READY_TO_EAT</p> <p>Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220
PANCAKE MINI CONFET 72-3.03Z EGGO	10 Each	<p>BAKE</p> <p>Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating</p> <p>CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes.</p> <p>CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes.</p> <p>*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds.</p> <p>Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	10 Ounce		642230

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/ 4- 3 GFS	50 Each		720038
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	20 Each	<p><b>READY_TO_EAT</b> The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. <b>DO NOT RE-FREEZE!</b> Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	156101

## Preparation Instructions

1. Wash hands and put on new gloves
2. Tray pancakes and bake at 350 for 13-17 minutes
3. Tray sausage links and bake at 350 until internal temp reaches 165
4. Serve or hot hold at 135 or above

Serving Size = 2 bulk pancakes or 1 pack IW pancakes and 1 sausage link

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	396.00		
<b>Fat</b>	12.70g		
<b>SaturatedFat</b>	2.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.50mg		
<b>Sodium</b>	530.00mg		
<b>Carbohydrates</b>	62.50g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	32.80g		
<b>Protein</b>	7.10g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	43.56mg	<b>Iron</b>	1.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Cheese Omelet

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3925

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY 144-2.1Z	50 Each		240080

## Preparation Instructions

### Cheese Omelet

1. Place single layer of omelets in full size steamer pan sprayed with pan spray.
2. Do not cover
3. BAKE in convection oven thawed 21-24 minutes and frozen 29-33 minutes

### Hash Brown Potatoes

1. Grill @ 375
2. Frozen State: Grill 8-10 minutes, Flip, Grill other side for 6-8 minutes
2. Thawed State: Grill 2-5 minutes, flip, Grill 3 minutes

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	120.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	165.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	83.00mg	<b>Iron</b>	1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon Egg and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3927
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	50 Slice		189071
BACON CKD MED SLCD 3-100CT GFS	50 Slice		874124
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	291.03
<b>Fat</b>	15.30g
<b>SaturatedFat</b>	7.45g
<b>Trans Fat</b>	0.08g
<b>Cholesterol</b>	107.83mg
<b>Sodium</b>	679.73mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.08mg	<b>Iron</b> 1.24mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Low Fat Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3960

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	4 Ounce		551760
YOGURT RASPB RNBW L/F 48-4Z TRIX	4 Ounce		551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	4 Ounce		186911

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	80.00
<b>Fat</b>	0.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	65.00mg
<b>Carbohydrates</b>	15.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	9.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	70.55
<b>Fat</b>	0.44g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	4.41mg
<b>Sodium</b>	57.32mg
<b>Carbohydrates</b>	13.23g
<b>Fiber</b>	0.00g
<b>Sugar</b>	7.94g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.46mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Breakfast Pizza

<b>Servings:</b>	158.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3964

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	158 Piece	<b>BAKE</b> COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING.Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	503640

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 158.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	330.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 168.00mg	<b>Iron</b> 1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Scrambled Eggs w/ Hash Brown Potatoes and Bacon

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3966

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	1 Gallon 1 Quart (20 Cup)		762861
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/3 Cup		191205
HASHBROWN SHRD IQF 6-3 OREI	12 Pound 8 Ounce (200 Ounce)	GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 8 TO 10 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.	774227
BACON CKD 3-100CT FAST N EASY	1 Pound 9 Ounce (25 Ounce)		125141

## Preparation Instructions

Directions:

1. Beat eggs thoroughly.
2. Add milk and salt. Stir well.
3. Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. Pour 1 qt 3 1/2 cups 2 Tbsp egg mixture into each pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 20 minutes. Stir once after 15 minutes. Convection oven: 300 °F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes. DO NOT OVERCOOK.

Critical Control Point: Heat to 165 °F for 15 seconds.

Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.

Add 2 1/2 Tbsp margarine to each pan. Stir well.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

For best results, serve within 15 minutes.

If desired serve with 1/4 cup pico de gallo (see G-15).

Portion with No. 16 scoop (1/4 cup).



Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate.

5: CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 2 oz meat/meat alternate.

Hash Brown Potatoes

1.Spray full sheet trays with pan spray.

2. Arrange frozen hash brown patties in single layer on full sheet trays.

3. BAKE in CONVECTION OVEN at 325 degrees for 10-15 minutes. Turn once during bake time for uniform cooking. Remove when product is light golden brown in color.

Bacon

1. Remove bacon by lifting paper dividers and placing on full sheet tray

2. Bake until hot

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.520

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	295.92		
<b>Fat</b>	14.36g		
<b>SaturatedFat</b>	5.14g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	299.17mg		
<b>Sodium</b>	379.50mg		
<b>Carbohydrates</b>	25.14g		
<b>Fiber</b>	2.07g		
<b>Sugar</b>	1.60g		
<b>Protein</b>	16.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.96mg
<b>Calcium</b>	60.80mg	<b>Iron</b>	1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	521.91
<b>Fat</b>	25.33g
<b>SaturatedFat</b>	9.06g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	527.64mg
<b>Sodium</b>	669.33mg
<b>Carbohydrates</b>	44.34g
<b>Fiber</b>	3.65g
<b>Sugar</b>	2.82g
<b>Protein</b>	29.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 8.75mg
<b>Calcium</b> 107.23mg	<b>Iron</b> 2.82mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Fruit Yogurt and Granola Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3967
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	4 Ounce		812821
BLUEBERRIES 12-1/2PT P/L	1/4 Cup		212555
STRAWBERRY 8 MRKN	1/4 Cup		212768

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.254
<b>Fruit</b>	0.028
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	280.98
<b>Fat</b>	2.69g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	121.01mg
<b>Carbohydrates</b>	59.69g
<b>Fiber</b>	4.41g
<b>Sugar</b>	30.98g
<b>Protein</b>	7.41g
<b>Vitamin A</b> 520.83IU	<b>Vitamin C</b> 7.76mg
<b>Calcium</b> 103.35mg	<b>Iron</b> 2.06mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3969

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		108693
FLAVORING VANILLA IMIT 1- QT KE	2 Ounce		110736
DOUGH ROLL CINN LRG 120- 2.25Z RICH	120 Each	<p><b>BAKE</b></p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127

## Preparation Instructions

Day Before Service Prep:

1. Spray full sheet trays with pan spray.
2. Place frozen cinnamon rolls 2 inches apart on tray
3. Place trays on rack. Cover rack and place in cooler overnight.

Day of Service Prep:

1. Remove cinnamon rolls from cooler.
2. Place in proofer (95 F-110 F) at 85% humidity and proof until doubled in size.

3. BAKE in oven at 325 degrees until golden brown

4. While rolls bake, make glaze. See Below.

5. Remove rolls from oven and glaze.

Glaze Recipe (approx. 120 rolls)

1. Place powdered sugar in large bowl.

2. Add vanilla extract to hot water.

3. Slowly pour hot water and vanilla mixture into the powdered sugar while stirring with a wire whisk. Desired consistency: thick but fluid.

4. Drizzle over cinnamon rolls.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	230.02
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	190.10mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	21.50g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 1.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Country Potato and Egg Breakfast Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3970

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN BKFST CUBES 3/4 6-5# MCC	3 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES. DEEP FRY: FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.</p> <p>GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING. GRIDDLE: PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.</p>	510061
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
EGG SCRMBD CKD FZ 4-5 GCHC	0.03 Cup		584584

## Preparation Instructions

1. Spray full sheet pans with pan spray.
2. Arrange potato cubes in single layer on trays.
3. BAKE until heated through and golden brown in color.
4. Scramble eggs on grill until internal temp reaches 160 F.
5. Layer potatoes, eggs, then shredded cheese.
6. Season as necessary (no salt added)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.091
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	186.36		
<b>Fat</b>	9.36g		
<b>SaturatedFat</b>	4.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	31.36mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	18.09g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.09g		
<b>Protein</b>	8.55g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.45mg	<b>Iron</b>	0.39mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Whole Fruit

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3971
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	1 Each		322326
APPLE GALA 100CT MRKN	1 Piece		197718
PEAR 95-110CT MRKN	1 Piece		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.506
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>			77.81
<b>Fat</b>			0.18g
<b>SaturatedFat</b>			0.03g
<b>Trans Fat</b>			0.00g
<b>Cholesterol</b>			0.00mg
<b>Sodium</b>			1.13mg
<b>Carbohydrates</b>			20.50g
<b>Fiber</b>			3.51g
<b>Sugar</b>			12.88g
<b>Protein</b>			0.84g
<b>Vitamin A</b>	80.01IU	<b>Vitamin C</b>	14.41mg
<b>Calcium</b>	16.19mg	<b>Iron</b>	0.23mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Berry Patch Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3972
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 8-64FLZ HV	1 Quart		175470
Applesauce cnd	1 Quart		110541comm

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.463
<b>Grain</b>	0.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	951.02
<b>Fat</b>	5.97g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	478.61mg
<b>Carbohydrates</b>	199.57g
<b>Fiber</b>	0.75g
<b>Sugar</b>	143.34g
<b>Protein</b>	29.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1074.63mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	419.33
<b>Fat</b>	2.63g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.16mg
<b>Sodium</b>	211.03mg
<b>Carbohydrates</b>	88.00g
<b>Fiber</b>	0.33g
<b>Sugar</b>	63.20g
<b>Protein</b>	13.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 473.83mg	<b>Iron</b> 0.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Whole Grain Cereal

<b>Servings:</b>	14.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3973
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	1 Each		618902
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL REESES PUFFS WGRAIN 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 Each		509303
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each		233021
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each	READY_TO_EAT Single-serve ready to eat dry cereal.	453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509434
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	268711

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	108.02		
<b>Fat</b>	1.29g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	161.85mg		
<b>Carbohydrates</b>	23.43g		
<b>Fiber</b>	1.82g		
<b>Sugar</b>	7.14g		
<b>Protein</b>	1.92g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.28mg	<b>Iron</b>	4.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# 100% Juice Cup

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3974
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470
JUICE ORNG/PINEAP 100% 72-4FLZ SNCUP	1 Each		119020

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.24mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium</b>	9.99mg	<b>Iron</b>	0.26mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Tenders and Gravy w Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3978

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	300 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
Whole Grain Rich Clustered Pan Rolls	100 roll	<b>BAKE</b> Toast to desired color	3920

## Preparation Instructions

Bake @ 375 degrees for 6-8 minutes from frozen

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Piece

#### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	15.50g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	457.50mg
<b>Carbohydrates</b>	23.50g
<b>Fiber</b>	3.50g
<b>Sugar</b>	2.00g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.00mg	<b>Iron</b> 4.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# BBQ Ham Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3980

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE BBQ SWEET 4-1GAL GCHC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		435170
Ham, 97% Fat Free, Cooked , Water Added, Sliced	6 Pound 4 Ounce (100 Ounce)		100187
4" Wg Rich Hamburger Bun	50 bun		3474

## Preparation Instructions

1. Mix sliced ham and BBQ sauce in full sheet pans. Cover.
2. Bake until internal temperature reaches 140F.
3. Use tongs to place 2 oz (approximately 6 slices) of ham on each sandwich
4. Serve hot

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.639
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.66		
<b>Fat</b>	5.28g		
<b>SaturatedFat</b>	1.64g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.51mg		
<b>Sodium</b>	920.33mg		
<b>Carbohydrates</b>	48.28g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	22.64g		
<b>Protein</b>	13.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Crinkle Cut Fries

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3981

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	7 Pound 8 Ounce (120 Ounce)	<b>BAKE</b> PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. <b>CONVECTION</b> PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	200697

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.470

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	2.40g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	16.00mg		
<b>Carbohydrates</b>	14.40g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	0.80g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.00mg	<b>Iron</b>	0.24mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Vegetables with Ranch

<b>Servings:</b>	40.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT STIX STRAIGHT CUT 2-5 RSS	2 Pound 8 Ounce (40 Ounce)		576646
BROCCOLI FLORET REG CUT 4-3 RSS	1 Quart 1 Cup (5 Cup)		732478
CAULIFLOWER REG CUT 2-3 RSS	1 Quart 1 Cup (5 Cup)		732494
CELERY STIX 4-3 RSS	1 Quart 1 Cup (5 Cup)		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	40 Each		499521

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.111
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	91.85
<b>Fat</b>	6.06g
<b>SaturatedFat</b>	1.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	172.50mg
<b>Carbohydrates</b>	9.67g
<b>Fiber</b>	1.94g
<b>Sugar</b>	5.33g
<b>Protein</b>	1.05g
<b>Vitamin A</b> 4826.42IU	<b>Vitamin C</b> 17.90mg
<b>Calcium</b> 47.43mg	<b>Iron</b> 0.22mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Berry Spinach Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3985

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH BABY CLND 2-2 RSS	6 Gallon 1 Quart (100 Cup)		560545
STRAWBERRY 8 MRKN	1 Gallon 1 1/2 Cup (17 1/2 Cup)		212768
BLUEBERRIES 12-1/2PT P/L	1 Gallon 1 1/2 Cup (17 1/2 Cup)		212555
DRESSING RASP VINAG FF 6-32Z KENS	1 Tablespoon		877910

## Preparation Instructions

1. Lay 2 cups spinach in side salad conatiner
2. Top with 1/4 cup strawberries and 1/4 cup blueberries
3. Offer with 2 Tbsp (1oz) raspberry vinaigrette in 2oz portion cups

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.039
<b>GreenVeg</b>	1.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	43.06		
<b>Fat</b>	0.21g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	51.48mg		
<b>Carbohydrates</b>	10.22g		
<b>Fiber</b>	3.46g		
<b>Sugar</b>	5.80g		
<b>Protein</b>	2.46g		
<b>Vitamin A</b>	29.16IU	<b>Vitamin C</b>	10.86mg
<b>Calcium</b>	64.70mg	<b>Iron</b>	2.18mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peaches

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3986

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH SLCD IN JCE 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		610267

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	50.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	12.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.00mg

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### Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3987
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474
Beef, Fine Ground 85/15, Frozen	9 Pound 6 Ounce (150 Ounce)		100158
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360

## Preparation Instructions

### Prep

1. Pull frozen beef loaves to refrigerator to thaw for approximately 24 hours
2. Slice partially thawed loaves on slicer; #14 setting
3. Tray 24 patties per full sheet pan to freeze or bake

### Day of Prep

1. Bake patties to internal temp of 165F
2. Hot hold at 135 or above in steam table pans with beef broth

### Service

1. Build burger between serve rounds - bottom bun, burger patty, cheese slice, top bun
2. Place burgers in steam table pan with parchment paper between layers - Rotate/restack burgers between rounds
3. Hold at 135 or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.010
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	358.58
<b>Fat</b>	17.43g
<b>SaturatedFat</b>	5.73g
<b>Trans Fat</b>	2.24g
<b>Cholesterol</b>	65.71mg
<b>Sodium</b>	495.97mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	24.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.00mg	<b>Iron</b> 8.00mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Lasagna Roll Up

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3988
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
CHEESE MOZZ SHRD 4-5 LOL	1 Pint 1/4 Cup (2 1/4 Cup)		645170
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Quart 1 Cup (5 Cup)		852759

## Preparation Instructions

1. Spray 2" full size pan with nonstick spray
2. Spread 3 cups sauce on bottom of pan
3. Line 18 roll ups (3 x 6) in the pan
4. Pour 5 cups of sauce over the top of the roll ups and spread
5. Distribute 25 ounces of shredded mozzarella cheese over the top
6. Cover tightly with aluminum foil
7. Bake at 350 degrees for 50 minutes
8. Check temp at 30 minutes
9. Internal temp should reach 165 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	313.23
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	738.08mg
<b>Carbohydrates</b>	35.55g
<b>Fiber</b>	4.02g
<b>Sugar</b>	9.53g
<b>Protein</b>	20.52g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 416.61mg	<b>Iron</b> 1.08mg

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\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Corn

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3989
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, No Salt Added, Frozen	1 Gallon 2 Quart 1 Cup (25 Cup)		100348
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300

## Preparation Instructions

1. Heat in deep steam table pans until corn is soft.
2. Season with pepper.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	99.00		
<b>Fat</b>	4.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	29.80mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.13mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Green Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3990
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		328251
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Fluid Ounce		580562

## Preparation Instructions

1. Heat green beans (with juice), butter spread, and beef broth in deep full sheet pan
2. Stir occasionally
3. Season appropriately

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	52.04		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	319.14mg		
<b>Carbohydrates</b>	4.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.13mg	<b>Iron</b>	0.40mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sidekick 100% Juice Frozen

<b>Servings:</b>	80.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3993
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	20 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW 84-4.4FLZ SIDEKICKS	20 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE CHERRY SMTH 84-4.4FLZ	20 Each	READY_TO_EAT Thaw for 15 minutes before serving Smooth-frozen for effortless spoonability	824040
SLUSHIE STRAWB-MANG 84- 4.4FLZ SIDEKIC	20 Each		863890

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.375
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	92.50
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	31.25mg
<b>Carbohydrates</b>	22.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	19.25g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1187.50IU	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pink Lemonade Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4004
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 4-1GAL HV	1 Pint 1 1/2 Cup (3 1/2 Cup)		589741
JUICE LEMON 8-48FLZ RLLEM	3/4 Cup		864061
Applesauce cnd	1 Quart	BAKE	110541comm

## Preparation Instructions

1. Combine yogurt, juices, and lemon extract
2. Stir until mixed
3. Add applesauce, 2 cups at a time, stirring until smooth
4. Portion 8 oz into 9 oz serving cups. Place lids on cups. Serve chilled.
5. Refrigerate if not serving immediately.
6. May make a day in advance and refrigerate overnight

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.463
<b>Grain</b>	0.000
<b>Fruit</b>	0.469
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	947.27
<b>Fat</b>	5.97g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	478.61mg
<b>Carbohydrates</b>	198.64g
<b>Fiber</b>	0.50g
<b>Sugar</b>	142.53g
<b>Protein</b>	29.85g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1074.63mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	417.68
<b>Fat</b>	2.63g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.16mg
<b>Sodium</b>	211.03mg
<b>Carbohydrates</b>	87.58g
<b>Fiber</b>	0.22g
<b>Sugar</b>	62.85g
<b>Protein</b>	13.16g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 473.83mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Chocolate Dipped Strawberry Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4005
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 4-1GAL HV	1 Quart		589741
COCOA PWD BAKING 6-5 GCHC	1/3 Cup		269654
Applesauce cnd	1 Quart	BAKE	110541comm

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.463
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	956.10
<b>Fat</b>	6.17g
<b>SaturatedFat</b>	3.08g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	479.60mg
<b>Carbohydrates</b>	199.57g
<b>Fiber</b>	0.57g
<b>Sugar</b>	143.34g
<b>Protein</b>	30.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1077.43mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## Nutrition - Per 100g

<b>Calories</b>	421.57
<b>Fat</b>	2.72g
<b>SaturatedFat</b>	1.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.16mg
<b>Sodium</b>	211.47mg
<b>Carbohydrates</b>	88.00g
<b>Fiber</b>	0.25g
<b>Sugar</b>	63.20g
<b>Protein</b>	13.34g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 475.07mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Summer Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4006
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
Applesauce cnd	1 Quart 1 Cup (5 Cup)		110541comm
JUICE PINEAP 100 12-46FLZ HV	1 Quart		100676

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.463
<b>Grain</b>	0.000
<b>Fruit</b>	0.563
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	959.90
<b>Fat</b>	5.97g
<b>SaturatedFat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	480.11mg
<b>Carbohydrates</b>	201.57g
<b>Fiber</b>	0.63g
<b>Sugar</b>	144.97g
<b>Protein</b>	30.10g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 45.50mg
<b>Calcium</b> 1086.13mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	423.24
<b>Fat</b>	2.63g
<b>SaturatedFat</b>	1.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.16mg
<b>Sodium</b>	211.69mg
<b>Carbohydrates</b>	88.88g
<b>Fiber</b>	0.28g
<b>Sugar</b>	63.92g
<b>Protein</b>	13.27g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.06mg
<b>Calcium</b> 478.90mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Berry Banana Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4007
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB L/F PARFPR 6-4 YOPL	2 Quart	READY_TO_EAT Ready to use with pouch & serving tip.	811490
JUICE APPLE 100 4-1GAL HV	1 Quart		589741
BANANA TURNING 40 P/L	10 Each		200999

## Preparation Instructions

1. Mash bananas by hand or in mixer
2. Slowly add apple juice
3. Slowly add yogurt
4. Mix thoroughly
5. Serve 8 oz in 9 oz serving cups and secure lid on cup
6. Refrigerate if not serving immediately
7. May make a day in advance. Refrigerate overnight.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	7.463
<b>Grain</b>	0.000
<b>Fruit</b>	0.563
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	991.15
<b>Fat</b>	6.22g
<b>SaturatedFat</b>	3.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.85mg
<b>Sodium</b>	478.36mg
<b>Carbohydrates</b>	209.45g
<b>Fiber</b>	1.94g
<b>Sugar</b>	146.59g
<b>Protein</b>	30.66g
<b>Vitamin A</b> 47.20IU	<b>Vitamin C</b> 6.42mg
<b>Calcium</b> 1078.31mg	<b>Iron</b> 0.19mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	437.02
<b>Fat</b>	2.74g
<b>SaturatedFat</b>	1.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.16mg
<b>Sodium</b>	210.92mg
<b>Carbohydrates</b>	92.35g
<b>Fiber</b>	0.85g
<b>Sugar</b>	64.64g
<b>Protein</b>	13.52g
<b>Vitamin A</b> 20.81IU	<b>Vitamin C</b> 2.83mg
<b>Calcium</b> 475.46mg	<b>Iron</b> 0.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Tropical Escape Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4008
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	10 Each		200999
YOGURT VAN L/F PARFPR 6-4 YOPL	2 Quart		811500
JUICE PINEAP 100 12-46FLZ HV	1 Quart		100676

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.563
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	198.13
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.56g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	54.50mg
<b>Carbohydrates</b>	44.13g
<b>Fiber</b>	2.44g
<b>Sugar</b>	29.50g
<b>Protein</b>	4.56g
<b>Vitamin A</b> 547.20IU	<b>Vitamin C</b> 51.92mg
<b>Calcium</b> 115.19mg	<b>Iron</b> 1.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	87.36		
<b>Fat</b>	0.44g		
<b>SaturatedFat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.10mg		
<b>Sodium</b>	24.03mg		
<b>Carbohydrates</b>	19.46g		
<b>Fiber</b>	1.07g		
<b>Sugar</b>	13.01g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	241.27IU	<b>Vitamin C</b>	22.89mg
<b>Calcium</b>	50.79mg	<b>Iron</b>	0.48mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Beef Hot Dog

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4009
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	50 Each		417350
6" Whole Grain Rich Hot Dog Bun	50 Each		3709

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	17.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.50g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	690.00mg		
<b>Carbohydrates</b>	21.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.89mg	<b>Iron</b>	0.77mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Chili con Carne with Beans and Noodles w Cornbread

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4016
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	4 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 1/2 Cup		429201
SPICE GARLIC POWDER 21Z TRDE	2 1/2 Teaspoon		224839
PEPPERS RED 5 P/L	3/4 Cup		597082
SPICE PEPR BLK REST GRIND 16Z TRDE	1/3 Tablespoon		225061
SPICE CHILI POWDER MILD 16Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		331473
SPICE PAPRIKA SPANISH 16Z TRDE	1 Tablespoon		225002
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SPICE CUMIN GRND 15Z TRDE	1/4 Cup		273945
SEASONING TACO 21Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		413429
TOMATO PASTE 26 6-10 FULLRD	1 1/2 Cup		522372
TOMATO DCD PETITE 6-10 GCHC	1 Pint 1 1/2 Cup (3 1/2 Cup)		498871
BEAN CHILI HOT 6-10 BROOKS	1 3/4 Cup		785024
Cheese, Cheddar Reduced fat, Shredded	1 Pint 1 Cup (3 Cup)		100012
PASTA SPAG 51 WGRAIN 2-10	1 Pound 9 Ounce (25 Ounce)		221460
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	25 Each		159791

# Preparation Instructions

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## Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

## Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

8: OR

9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

12: OR

13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.010
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.170
<b>OtherVeg</b>	0.004
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	552.00
<b>Fat</b>	23.80g
<b>SaturatedFat</b>	8.16g
<b>Trans Fat</b>	1.91g
<b>Cholesterol</b>	83.87mg
<b>Sodium</b>	571.25mg
<b>Carbohydrates</b>	59.12g
<b>Fiber</b>	5.39g
<b>Sugar</b>	19.96g
<b>Protein</b>	28.41g
<b>Vitamin A</b> 161.99IU	<b>Vitamin C</b> 7.31mg
<b>Calcium</b> 39.15mg	<b>Iron</b> 3.58mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Cornbread

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4017

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW 72-2Z	50 Each		159791

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	180.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	90.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.00mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Southern Baked Beans

<b>Servings:</b>	12.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4018

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GRT NORTHR 6-10 GCHC	1 Quart		119075
Ham, Cubed Frozen	1 Cup		100188-H
ONION RED DCD 1/4 2-5 RSS	1 Cup		429201
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		860221
SUGAR BROWN LT 12-2 P/L	1/4 Cup		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1/4 Cup		100129

## Preparation Instructions

1. Combine all ingredients in full sheet pan
2. Stir until well mixed
3. BAKE at 350F for 30-45 minutes until sauce has thickened or until internal temperature reaches 155F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.546
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.005
<b>Legumes</b>	0.333
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	110.22
<b>Fat</b>	0.55g
<b>SaturatedFat</b>	0.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.84mg
<b>Sodium</b>	333.44mg
<b>Carbohydrates</b>	17.68g
<b>Fiber</b>	4.67g
<b>Sugar</b>	3.30g
<b>Protein</b>	7.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.58mg	<b>Iron</b> 1.33mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	97.20
<b>Fat</b>	0.48g
<b>SaturatedFat</b>	0.48g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.67mg
<b>Sodium</b>	294.05mg
<b>Carbohydrates</b>	15.59g
<b>Fiber</b>	4.12g
<b>Sugar</b>	2.91g
<b>Protein</b>	6.52g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.55mg	<b>Iron</b> 1.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Baby Carrots

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4019

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROTS BABY PLD 72-3Z P/L	25 Each		241541

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	103.80
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	175.50mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	8.10g
<b>Sugar</b>	12.00g
<b>Protein</b>	2.10g
<b>Vitamin A</b> 34883.51IU	<b>Vitamin C</b> 209.31mg
<b>Calcium</b> 79.74mg	<b>Iron</b> 0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Fruit in Gelatin

<b>Servings:</b>	32.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4020

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GELATIN MIX CTRUS SGR FR 18-2.5Z CARB	2 1/2 Ounce		448451
BLUEBERRY 12-1PT P/L	1 Pint		451690
FRUIT MIXED DCD IN JCE 6-10 GCHC	1 Pint		610348
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 Pint		621420
PEAR DCD XL/S 6-10 GCHC	1 Pint		290203

## Preparation Instructions

1. Add 2 quarts boiling water to gelatin packet. Stir.
2. Let cool and add drained/washed fruit
3. Cool completely to set
4. Serve in 4oz portions



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.219
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	29.65		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.34mg		
<b>Carbohydrates</b>	6.25g		
<b>Fiber</b>	0.66g		
<b>Sugar</b>	4.69g		
<b>Protein</b>	1.38g		
<b>Vitamin A</b>	5.00IU	<b>Vitamin C</b>	0.90mg
<b>Calcium</b>	1.56mg	<b>Iron</b>	0.14mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	26.15		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.18mg		
<b>Carbohydrates</b>	5.51g		
<b>Fiber</b>	0.58g		
<b>Sugar</b>	4.13g		
<b>Protein</b>	1.22g		
<b>Vitamin A</b>	4.40IU	<b>Vitamin C</b>	0.79mg
<b>Calcium</b>	1.37mg	<b>Iron</b>	0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Chicken Nuggets w Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4021

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	125 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	100 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
Whole Grain Rich Cluster Pan Rolls	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	286.18
<b>Fat</b>	13.48g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	529.42mg
<b>Carbohydrates</b>	27.56g
<b>Fiber</b>	3.58g
<b>Sugar</b>	2.65g
<b>Protein</b>	14.73g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 35.01mg	<b>Iron</b> 5.27mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Cheese Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4023

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SPREAD 6-5 SMRT BAL	3 Fluid Ounce	READY_TO_EAT Ready to use.	684300
24 oz. Whole Grain Rich Sandwich Bread	50 Slice		1292
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice		722360

## Preparation Instructions

1. Spray full sheet tray with pan spray
2. Melt butter spread and brush lightly onto 1 side of bread slices. Lay butter spread side down on full sheet tray.
3. Add 4 slices (2 oz) cheese onto each slice of bread
4. Place top bread slice on top of cheese
5. Lightly brush with melted butter spread
6. BAKE at 350F until golden brown with cheese melted or until internal temp reaches 165F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	304.00
<b>Fat</b>	12.64g
<b>SaturatedFat</b>	5.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	1021.60mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 392.10mg	<b>Iron</b> 8.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tomato Soup

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4025

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HNZ	3 Pound 3 Ounce (51 Ounce)		102008
SPICE BASIL GRND 12Z TRDE	1 Tablespoon		513636
TOMATO DCD PETITE 6-10 GCHC	1 #10 CAN		498871

## Preparation Instructions

1. Mix condensed soup, 1/2 can of water, diced tomatoes, and basil together
2. Heat to 190F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.517
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	46.27		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	306.09mg		
<b>Carbohydrates</b>	10.02g		
<b>Fiber</b>	1.29g		
<b>Sugar</b>	5.91g		
<b>Protein</b>	1.54g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.47mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Steamed Broccoli

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4026

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		732478

## Preparation Instructions

1. Steam broccoli florets
2. Season appropriately
3. Serve in 1/2 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.700
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	21.63		
<b>Fat</b>	0.21g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	21.00mg		
<b>Carbohydrates</b>	4.20g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	1.40g		
<b>Protein</b>	1.82g		
<b>Vitamin A</b>	396.85IU	<b>Vitamin C</b>	56.82mg
<b>Calcium</b>	29.94mg	<b>Iron</b>	0.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Applesauce Cup

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4027

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Applesauce, Unsweetened, Cups	25 Each		110361

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	51.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	11.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Spaghetti and Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4028

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	17 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 Pint		429201
PEPPERS GREEN DCD SWT 12-2 GCHC	1 Pint		508632
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		224839
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
SAUCE TOMATO 6-10 GCHC	2 Gallon		306347
SPICE PARSLEY FLAKES 11Z TRDE	1/2 Cup		513989
SPICE BASIL GRND 12Z TRDE	1/4 Cup		513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup		228443
SPICE MARJORAM LEAF 3.5Z TRDE	1 Fluid Ounce		513709
SPICE THYME LEAF 6Z TRDE	1 Tablespoon		513814
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TST SLC WGRAIN 12-12CT	100 Slice	<b>BAKE</b> Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. <b>GRIDDLE_FRY</b> Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. <b>GRILL</b> Place toast on grill. Heat each side for 30 seconds or until heated through.	277862

## Preparation Instructions

### Directions:

Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.030
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.640
<b>OtherVeg</b>	0.001
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	367.65		
<b>Fat</b>	16.18g		
<b>SaturatedFat</b>	5.06g		
<b>Trans Fat</b>	2.03g		
<b>Cholesterol</b>	52.78mg		
<b>Sodium</b>	559.41mg		
<b>Carbohydrates</b>	35.79g		
<b>Fiber</b>	4.28g		
<b>Sugar</b>	4.13g		
<b>Protein</b>	20.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.14mg	<b>Iron</b>	2.75mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Garlic Breadstick

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4029

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BREADSTICK CHS GARL 320CT	50 Each		761830

## Preparation Instructions

1. Break apart sticks.
2. Place on greased sheet pan 1/2 inch apart.
3. Let sticks rise until double to triple in size (overnight).
4. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	100.00
<b>Fat</b>	3.00g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 0.76mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Shrimp Poppers

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	20.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4030

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP WHL GRN BRD POPPER 2.75Z 5-2	3 Pound 12 Ounce (60 Ounce)	CONVENTION OVEN: PREHEAT OVEN TO 425 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE ; LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 8-10 MINUTES OR UNTIL GOLDEN BROWN. CONVECTION OVEN: REHEAT OVEN TO 375 DEGREES F. PLACE FROZEN SHRIMP POPPERS IN A SINGLE LAYER ON A BAKING SHEET ON CENTER OVEN RACK AND BAKE FOR 7-8 MINUTES OR UNTIL GOLDEN BROWN. DEEP DRY: PLACE FROZEN SHRIMP POPPERS IN FRYER BASKET, DEEP FRY IN 350 DEGREES F OIL FOR 1 1/2-2 MINUTES DRAIN PRIOR TO SERVING.	275752

## Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown
3. Serve in 30z (20 piece) portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 20.00 Piece

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	21.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 24.19mg	<b>Iron</b> 1.63mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breaded Chicken Drumstick - Elementary

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4032

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	25 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

## Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown
3. Serve in 30z (20 piece) portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	220.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Hot Ham and Cheese Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4033

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	25 bun	BAKE Toast if desired	3474
TURKEY HAM UNCURED 6-2 JENNO	4 Ounce	4 slices = 2oz equivalent	690041
CHEESE AMER 160CT SLCD R/F 6-5 LOL	2 Slice		722360

## Preparation Instructions

1. Stack sandwich with 1 slice cheese, 4 slices ham, then 1 slice of cheese
2. Hold in warmer or bake until cheese has melted

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.149
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	149.90
<b>Fat</b>	2.54g
<b>SaturatedFat</b>	0.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.60mg
<b>Sodium</b>	266.46mg
<b>Carbohydrates</b>	25.24g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.15g
<b>Protein</b>	5.99g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 13.68mg	<b>Iron</b> 8.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Meatball Sub

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4035

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY 6-10 REDPK	3 Pound 2 Ounce (50 Ounce)		852759
MEATBALL CKD .65Z 6-5 COMM	100 Each		785860
6" Whole Grain Hot Dog Bun	25 Each	READY_TO_EAT	3709

## Preparation Instructions

1. Place meatballs and sauce in steam table pan
2. Cook until meatball internal temp reaches 165F
3. Portion 4 meatballs in each hot dog bun
4. Hot Hold meatballs at 135 or above

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	287.33
<b>Fat</b>	10.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	639.33mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.67g
<b>Sugar</b>	8.33g
<b>Protein</b>	17.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.67mg	<b>Iron</b> 2.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4036

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOT&SPCY WGRAIN 3.49Z 4-8.2	25 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327080
CHIX PTY BRD WGRAIN FC 4Z 4-5.25 TYS	25 Each		641402
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474

## Preparation Instructions

1. Wash hands and put on new gloves
2. Tray frozen chicken patties and bake at 375 for 6-8 minutes or until internal temp reaches 165
3. Place chicken patty between top and bottom of bun

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Elementary: Make sandwiches 5-10 minutes before serving period. Hot hold in steam table pans on serving line - surplus in warmer

High School: Make sandwiches 5-10 minutes before serving period. Wrap in sandwich paper (GFS 497436)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	395.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.50mg
<b>Sodium</b>	660.00mg
<b>Carbohydrates</b>	40.00g
<b>Fiber</b>	3.50g
<b>Sugar</b>	3.50g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.00mg	<b>Iron</b> 9.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4037

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 12-2 GCHC	2 Pound		599921
BUTTER SPREAD 6-5 SMRT BAL	2 Fluid Ounce	READY_TO_EAT Ready to use.	684300
SUGAR BROWN LT 12-2 P/L	2 Ounce		860311
SPICE PEPR BLK REST GRIND 16Z TRDE	1/8 Teaspoon		225061
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR

## Preparation Instructions

1. Combine all ingredients into full sheet pan
2. Stir to combine
3. Bake at 350F until carrots are tender

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	76.88		
<b>Fat</b>	5.72g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	88.66mg		
<b>Carbohydrates</b>	6.22g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	3.99g		
<b>Protein</b>	0.52g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.30mg	<b>Iron</b>	0.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	67.80		
<b>Fat</b>	5.05g		
<b>SaturatedFat</b>	1.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	78.18mg		
<b>Carbohydrates</b>	5.49g		
<b>Fiber</b>	1.84g		
<b>Sugar</b>	3.51g		
<b>Protein</b>	0.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.55mg	<b>Iron</b>	0.22mg

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# Pineapple

<b>Servings:</b>	20.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4038

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE 6-10 DOLE	1 Quart 1 Cup (5 Cup)	READY_TO_EAT Ready to Eat	509221
PINEAPPLE GLDN 6-7CT P/L	1 Quart 1 Cup (5 Cup)		728489

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	54.38
<b>Fat</b>	0.05g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.40mg
<b>Carbohydrates</b>	13.00g
<b>Fiber</b>	1.05g
<b>Sugar</b>	11.25g
<b>Protein</b>	0.70g
<b>Vitamin A</b> 22.48IU	<b>Vitamin C</b> 18.52mg
<b>Calcium</b> 5.04mg	<b>Iron</b> 0.31mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	47.95		
<b>Fat</b>	0.04g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.35mg		
<b>Carbohydrates</b>	11.46g		
<b>Fiber</b>	0.93g		
<b>Sugar</b>	9.92g		
<b>Protein</b>	0.62g		
<b>Vitamin A</b>	19.82IU	<b>Vitamin C</b>	16.33mg
<b>Calcium</b>	4.44mg	<b>Iron</b>	0.28mg

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# Club Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4040

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Pound 2 Ounce (50 Ounce)		100187
MAYONNAISE LT PKT 200-12GM GCHC	25 Each		188741
BACON CKD 3-100CT FAST N EASY	1 Pound 9 Ounce (25 Ounce)		125141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		451730
TOMATO ROMA DCD 3/8 2-5 RSS	2 Quart 3/4 Cup (8 3/4 Cup)		786543
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
Turkey Breast Deli	3 Pound 2 Ounce (50 Ounce)		100121
TORTILLA FLOUR 10 ULTRGR 12-12CT	50 Each	<p><b>STEAM PREPARATION</b>Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATING STEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGING Store in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).</p>	690141

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.449
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.004
<b>RedVeg</b>	0.058
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	424.92
<b>Fat</b>	21.65g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	77.36mg
<b>Sodium</b>	1064.35mg
<b>Carbohydrates</b>	34.14g
<b>Fiber</b>	3.41g
<b>Sugar</b>	3.29g
<b>Protein</b>	27.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.13mg	<b>Iron</b> 2.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Creamy Coleslaw

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4042

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COLE SLAW SHRED SEP BAG 1/8 4-5 RSS	2 Gallon 2 Quart (40 Cup)		198226
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Tablespoon		629640
JUICE LEMON 8-48FLZ RLLEM	1 1/2 Tablespoon		864061
DRESSING SALAD LT 4-1GAL GCHC	1/2 Cup		429422
SUGAR BEET GRANUL 25 GCHC	1 Fluid Ounce		108588
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.267
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	41.68		
<b>Fat</b>	0.80g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.20mg		
<b>Sodium</b>	50.13mg		
<b>Carbohydrates</b>	7.25g		
<b>Fiber</b>	2.13g		
<b>Sugar</b>	4.80g		
<b>Protein</b>	1.07g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	37.33mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Soft Taco

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4043

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	4 Pound 3 Ounce (67 Ounce)		100158
SEASONING TACO MIX 2-5 GRSZ	5/8 Cup		427446
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
TORTILLA WHLWHE 8 12-12CT LABAND	50 Each		202986

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	296.03
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	46.00mg
<b>Sodium</b>	554.04mg
<b>Carbohydrates</b>	23.81g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.81mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Crispito

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4045

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z 6-10 REDG	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT None	452841
CRISPITO CHIX CHS WGRAIN 72-2.95Z	50 Each	<p><b>BAKE</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Conventional Oven            16 to 18 minutes at 375°F from FROZEN, 10 to 14 minutes from THAWED.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p> <p><b>CONVECTION</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Convection Oven            12 to 15 minutes at 350°F from FROZEN.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p> <p><b>DEEP_FRY</b>  <b>PREPARATION:</b> Appliances vary, adjust accordingly.            Deep Fry            5 to 5 1            2 minutes at 350°F from FROZEN.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p>	623691
CRISPITO CHIX CHILI WGRAIN 72-3.45Z	50 Piece	<p><b>BAKE</b>            Appliances vary, adjust accordingly.            Conventional Oven            16-18 minutes at 375°F from FROZEN. 10- 14 min. from THAWED.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p> <p><b>CONVECTION</b>            Appliances vary, adjust accordingly.            Convection Oven            12-15 minutes at 350°F from FROZEN.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p> <p><b>DEEP_FRY</b>            Appliances vary, adjust accordingly.            Deep Fry            5 - 5 1            2 minutes at 350°F from FROZEN.            Instructions are approximate. Heat until internal temperature reaches 140°F.</p>	616781

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.167
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	24.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	809.33mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.67g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.00mg	<b>Iron</b> 3.67mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spanish Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4046

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE MEXICAN INFUSED 2-5 UBEN	1 Gallon 2 Quart 1 Cup (25 Cup)	1/4 cup uncooked rice yields cup cooked rice.	877771

## Preparation Instructions

1 CUP OF RICE TO 1 3/4 CUPS OF WATER TO 1 TABLESPOON OF BUTTER.

STOVE TOP: COMBINE RICE, WATER AND BUTTER (OPTIONAL) IN A STOCKPOT. STIR WELL. BRING TO A VIGOROUS BOIL. REMOVE FROM HEAT. COVER TIGHTLY AND LET STAND 15 MINUTES UNTIL MOST OF THE WATER IS ABSORBED. TRANSFER TO STEAM TRAY, PLACE ON STEAM TABLE AND KEEP WARM (160F). FLUFF RICE BEFORE SERVING.

HOT WATER/STEAM TABLE: COMBINE RICE, HOT WATER (ALMOST BOILING) AND BUTTER (OPTIONAL) IN AN APPROPRIATE SIZE STEAM TRAY. STIR WELL. COVER AND PLACE ON STEAM TABLE AT 160F FOR 35 MINUTES OR UNTIL MOST OF THE WATER IS ABSORBED. KEEP WARM (160F). FLUFF RICE BEFORE SERVING.

OVEN METHOD: COMBINE RICE, HOT WATER (ALMOST BOILING) AND BUTTER (OPTIONAL) IN AN APPROPRIATE SIZE STEAM TRAY. STIR WELL. COVER AND BAKE IN OVEN AT 350F FOR 20 MINUTES OR UNTIL MOST OF THE WATER IS ABSORBED. REMOVE FROM OVEN. TRANSFER TO A STEAM TABLE AND KEEP WARM (160F). FLUFF RICE BEFORE SERVING.

TO RETAIN VITAMINS/FLAVORS DO NOT RINSE BEFORE OR DRAIN AFTER COOKING. FOR FIRMER RICE, USE LESS WATER AND REDUCE COOKING TIME. FOR SOFTER RICE, USE MORE WATER AND INCREASE COOKING TIME.

TO REFRIGERATE COOKED RICE. COVER TIGHTLY TO KEEP GRAINS FROM DRYING OUT AND ABSORBING ODORS FROM OTHER FOODS.

TO REHEAT, ADD A SMALL AMOUNT OF WATER, COVER AND HEAT IN AN OVEN STEAMER OR STOVETOP. FLUFF AND SERVE

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	80.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	16.50g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.50g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Shredded Lettuce and Diced Tomatoes

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4047

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		451730
TOMATO ROMA DCD 3/8 2-5 RSS	2 Quart 3/4 Cup (8 3/4 Cup)		786543

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.007
<b>RedVeg</b>	0.117
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	8.75		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	1.75g		
<b>Fiber</b>	0.82g		
<b>Sugar</b>	0.93g		
<b>Protein</b>	0.82g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.25mg	<b>Iron</b>	0.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Pizza

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 12X16WGRAIN STFD CRST 10CT	25 Slice	<b>CONVECTION</b> Convection Oven 1. Preheat oven to 400° F. 2. Place Pizza on a baking sheet. 3. THAWED: 11-13 minutes. 4. Let stand 2 minutes before serving. <b>CAUTION: PIZZA MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. <b>CAUTION: FILLING MAY BE HOT!</b> <b>THAW</b> Thawing Instructions 1. Thaw before baking. 2. Keep Pizza covered while thawing. 3. Pizza may be thawed in packaging. 4. Pizza has 8 days shelf life when refrigerated. Oven temperatures may vary. Adjust baking time and or temperature as necessary. <b>CAUTION: FILLING MAY BE HOT!</b>	235481

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 422.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Fish Nuggets w Roll

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4050

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG WGRAIN 4-5 HILNR	100 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN:TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11- 13 minutes.CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	549151
Whole Grain Rich Cluster Pan Rolls	1 Pound 9 Ounce (25 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Each

Amount Per Serving			
<b>Calories</b>	290.18		
<b>Fat</b>	8.88g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	358.42mg		
<b>Carbohydrates</b>	34.16g		
<b>Fiber</b>	2.88g		
<b>Sugar</b>	2.75g		
<b>Protein</b>	17.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.51mg	<b>Iron</b>	4.59mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Celery Sticks with Peanut Butter

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Gallon 2 Quart 1 Cup (25 Cup)		781592
PEANUT BUTTER CUP 100-1.1Z	25 Each	READY_TO_EAT Ready to Eat: Best if thawed at room temperature or in refrigerator overnight prior to eating.	651890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	320.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	9.00g

<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
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<b>Calcium</b>	100.00mg	<b>Iron</b>	0.72mg
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\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Pears

<b>Servings:</b>	10.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE 6-10 GCHC	1 Pint 1/2 Cup (2 1/2 Cup)		610364
PEAR 95-110CT MRKN	5 Piece		198056

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	86.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	22.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.00mg	<b>Iron</b>	0.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	76.28		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.88mg		
<b>Carbohydrates</b>	19.40g		
<b>Fiber</b>	3.53g		
<b>Sugar</b>	12.35g		
<b>Protein</b>	0.44g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.23mg	<b>Iron</b>	0.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Banana Pudding

<b>Servings:</b>	25.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PUDDING RTS BAN 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		244643
COOKIE VAN WAFER 6-13.3Z KEEB	2 Each		296053

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

#### Amount Per Serving

<b>Calories</b>	131.40		
<b>Fat</b>	4.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	201.25mg		
<b>Carbohydrates</b>	24.23g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	17.10g		
<b>Protein</b>	2.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.10mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	115.87		
<b>Fat</b>	3.57g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	177.47mg		
<b>Carbohydrates</b>	21.37g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	15.08g		
<b>Protein</b>	1.77g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	51.24mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Deli Turkey Sandwich

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4055

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	50 Slice		231053
Turkey Breast Deli	3 Pound 2 Ounce (50 Ounce)		100121
LETTUCE LEAF 12CT MRKN	1 Pound 9 Ounce (25 Ounce)	1 leaf per sandwich	198668
TOMATO SLCD 1/4 5 RSS	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	3 slices per sandwich	786535
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Pound 9 Ounce (25 Ounce)		100036

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.258
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	362.48
<b>Fat</b>	9.62g
<b>SaturatedFat</b>	4.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.22mg
<b>Sodium</b>	968.49mg
<b>Carbohydrates</b>	45.80g
<b>Fiber</b>	4.55g
<b>Sugar</b>	6.25g
<b>Protein</b>	23.72g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 136.74mg	<b>Iron</b> 2.41mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli Bites

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4056

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GCHC	3 5/8 Gallon		610902
Cheese, Cheddar Reduced fat, Shredded	1 1/2 Pound		100012
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	1 3/4 Quart		762861
BREAD CRUMB PANKO COARSE 25 GCHC	1 7/8 Quart	UNPREPARED See Package Instructions	175691

## Preparation Instructions

### Directions:

Combine broccoli, cheese, egg whites, and bread crumbs in a large bowl. Stir well.

Using a No. 10 scoop, portion 2/3 cup (about 4 oz) broccoli mixture onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

### Bake:

Conventional oven: 375 °F for 25 minutes. Convection oven: 350 °F for 15 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Serve 1 broccoli bite.

### Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 broccoli bite provides 1.5 oz equivalent meat/meat alternate, 1/2 cup dark green vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 broccoli bite provides 1.5 oz meat/meat alternate, 1/2 cup vegetable, and 1 oz serving grains/bread.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.260
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.073
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	112.03		
<b>Fat</b>	5.55g		
<b>SaturatedFat</b>	2.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	106.20mg		
<b>Sodium</b>	164.21mg		
<b>Carbohydrates</b>	8.72g		
<b>Fiber</b>	0.53g		
<b>Sugar</b>	0.96g		
<b>Protein</b>	7.91g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.31mg	<b>Iron</b>	0.78mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	98.79		
<b>Fat</b>	4.89g		
<b>SaturatedFat</b>	2.43g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	93.65mg		
<b>Sodium</b>	144.81mg		
<b>Carbohydrates</b>	7.69g		
<b>Fiber</b>	0.47g		
<b>Sugar</b>	0.84g		
<b>Protein</b>	6.98g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.20mg	<b>Iron</b>	0.69mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Mandarin Oranges

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND BRKN L/S 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		152811

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	90.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.00mg	<b>Iron</b>	1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	79.37		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.82mg		
<b>Carbohydrates</b>	17.64g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	16.76g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	22.93mg	<b>Iron</b>	0.88mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Bosco Sticks w Marinara Sauce

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4058

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6 144CT	50 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>Place Bosco Sticks on a baking sheet.</li> <li>THAWED: 7-9 minutes.</li> <li>Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>DEEP_FRY</b> Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.<b>CAUTION: FILLING MAY BE HOT!</b>Oven temperatures may vary. Adjust baking time and or temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>Thaw before baking.</li> <li>Keep Bosco Sticks covered while thawing</li> <li>Bosco Sticks may be thawed in packaging.</li> <li>Bosco Stick have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	25 Each	<p><b>READY_TO_EAT</b> None</p>	677721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	350.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	680.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 444.00mg	<b>Iron</b> 2.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Noodles

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4059

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
BUTTER SPREAD 6-5 SMRT BAL	1/2 Cup	READY_TO_EAT Ready to use.	684300
SPICE PEPR BLK REST GRIND 16Z TRDE	1/2 Tablespoon		225061
Tap Water for Recipes	2 Gallon	UNPREPARED	000001WTR
BASE CHIX 12-1 KE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		160790
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	8 Pound	UNSPECIFIED Not currently available	570533
CELERY DCD 1/4 2-5 RSS	1 Cup		198196
ONION DCD 1/4 2-5 RSS	1/2 Cup		198307
MILK EVAP 24-12Z CARN	1 Cup		344084
BREAD GARL TX TST SLC WGRAIN 12-12CT	50 Slice		644802
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	3 Pound 2 Ounce (50 Ounce)		229951

## Preparation Instructions

1. Place all ingredients, except the evaporated milk, in a large pan
2. Cover with water
3. Cook on "Pasta" setting in Unox combi oven or until internal temperature reaches 165F
4. Add evaporated milk and chicken broth to desired consistency
5. Serve with 1 ounce roll or garlic toast

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.133
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.024
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

### Amount Per Serving

<b>Calories</b>	309.64		
<b>Fat</b>	10.35g		
<b>SaturatedFat</b>	3.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.53mg		
<b>Sodium</b>	276.81mg		
<b>Carbohydrates</b>	33.16g		
<b>Fiber</b>	3.06g		
<b>Sugar</b>	3.11g		
<b>Protein</b>	21.20g		
<b>Vitamin A</b>	118.14IU	<b>Vitamin C</b>	0.12mg
<b>Calcium</b>	20.29mg	<b>Iron</b>	2.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	136.53		
<b>Fat</b>	4.57g		
<b>SaturatedFat</b>	1.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.40mg		
<b>Sodium</b>	122.05mg		
<b>Carbohydrates</b>	14.62g		
<b>Fiber</b>	1.35g		
<b>Sugar</b>	1.37g		
<b>Protein</b>	9.35g		
<b>Vitamin A</b>	52.09IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	8.94mg	<b>Iron</b>	1.11mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



# Whole Grain Roll

<b>Servings:</b>	25.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4060

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL DNNR HNY WHE WGRAIN 1Z 10-12CT	25 Each		751701

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	70.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	95.00mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.00mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Tater Tots

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	8.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4061

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS 6-5 OREI	3 Pound 15 Ounce (63 Ounce)	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	141510

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 8.00 Each

#### Amount Per Serving

<b>Calories</b>	130.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cali Blend Vegetables

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4062

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300
VEG BLND CALIF 6-4 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		610891

## Preparation Instructions

1. Heat green beans and butter spread in deep full sheet pan
2. Stir occasionally
3. Season appropriately

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	44.50		
<b>Fat</b>	3.52g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	43.80mg		
<b>Carbohydrates</b>	2.50g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	15.13mg	<b>Iron</b>	0.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Popcorn Chicken w Breadstick

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	11.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4063

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	300 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
Whole Grain Rich Small Breadstick	25 breadstick	BAKE Toast to desired color	3699

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 11.00 Each

#### Amount Per Serving

<b>Calories</b>	320.90		
<b>Fat</b>	14.68g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.82mg		
<b>Sodium</b>	521.82mg		
<b>Carbohydrates</b>	29.27g		
<b>Fiber</b>	3.27g		
<b>Sugar</b>	1.09g		
<b>Protein</b>	18.27g		
<b>Vitamin A</b>	109.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	2.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sloppy Joe

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4064

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	17 1/4 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 Pint 1 1/3 Cup (3 1/3 Cup)		429201
SPICE GARLIC POWDER 21Z TRDE	1 Fluid Ounce		224839
TOMATO PASTE 26 6-10 FULLRD	1 9/16 Quart		522372
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 1/2 Quart		100129
Tap Water for Recipes	1 Quart	UNPREPARED	000001WTR
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Pint 1/4 Cup (2 1/4 Cup)		629640
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SUGAR BROWN LT 12-2 P/L	5 1/2 Ounce		860311
4" Wg Rich Hamburger Bun	100 bun	BAKE Toast if desired	3474

## Preparation Instructions

Directions:

Brown ground beef. Drain. Continue immediately.

Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop ( 1 cup) onto bottom half of each roll. Cover with top half of roll.

Notes:

1: Comments:

2: \*See Marketing Guide.



3: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	346.13
<b>Fat</b>	14.36g
<b>SaturatedFat</b>	4.12g
<b>Trans Fat</b>	2.06g
<b>Cholesterol</b>	53.55mg
<b>Sodium</b>	445.02mg
<b>Carbohydrates</b>	33.61g
<b>Fiber</b>	2.50g
<b>Sugar</b>	9.09g
<b>Protein</b>	19.92g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.22mg	<b>Iron</b> 8.29mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Macaroni Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4065

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
PASTA ELBOW MACAR 4-5 GCHC	6 1/4 Pound		413320
DRESSING SALAD LT 4-1GAL GCHC	1 Quart		429422
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup		629640
SUGAR CANE GRANUL 25 GCHC	1 Quart		108642
MUSTARD YELLOW PREP 6-40Z GCHC	3/4 Cup		855010
PEPPERS RED 5 P/L	1 1/2 Quart		597082
PEPPERS GREEN DCD SWT 12-2 GCHC	1 1/2 Quart		508632
CARROT MATCHSTICK SHRED 2-3 RSS	2 1/4 Pound		198161
CELERY DCD 1/4 2-5 RSS	1 9/16 Quart		198196
ONION RED DCD 1/4 2-5 RSS	1 Quart		429201
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE PAPRIKA SPANISH 16Z TRDE	1 1/3 Tablespoon		225002

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add macaroni. Stir constantly until water boils again. Cook about 10-12 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.

Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well. Set aside for step 5.

Pour 2 1/4 cups (about 1 lb 5 1/2 oz) dressing over 1 gal 2 qt (about 5 lb 2 oz) vegetable and pasta mixture. Stir well.

Transfer 1 gal 2 qt (about 6 lb 7 1/2 oz) macaroni salad to a steam table pan (12 x 20 x 2 1/2).

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Garnish with paprika.

Portion with 6 fl oz spoodle (3/4 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) is the equivalent of 4 oz of salad. One portion provides 1/4 cup vegetable and 1 serving grains/bread.

6: \*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.140
<b>OtherVeg</b>	0.065
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

<b>Amount Per Serving</b>	
<b>Calories</b>	462.66
<b>Fat</b>	3.73g
<b>SaturatedFat</b>	0.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.40mg
<b>Sodium</b>	100.06mg
<b>Carbohydrates</b>	95.85g
<b>Fiber</b>	4.58g
<b>Sugar</b>	14.12g
<b>Protein</b>	14.28g
<b>Vitamin A</b> 1986.89IU	<b>Vitamin C</b> 14.84mg
<b>Calcium</b> 28.24mg	<b>Iron</b> 3.71mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	408.00		
<b>Fat</b>	3.29g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.64mg		
<b>Sodium</b>	88.24mg		
<b>Carbohydrates</b>	84.52g		
<b>Fiber</b>	4.04g		
<b>Sugar</b>	12.45g		
<b>Protein</b>	12.59g		
<b>Vitamin A</b>	1752.14IU	<b>Vitamin C</b>	13.09mg
<b>Calcium</b>	24.90mg	<b>Iron</b>	3.27mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Steamed Carrots

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4066

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	4 Pound 1 Ounce (65 Ounce)		768146
SEASONING GARDEN NO SALT 19Z TRDE	1 Teaspoon		565148

## Preparation Instructions

1. Steam carrots
2. Season appropriately
3. Serve in 1/2 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.578
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	30.04		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	50.84mg		
<b>Carbohydrates</b>	7.09g		
<b>Fiber</b>	2.31g		
<b>Sugar</b>	3.47g		
<b>Protein</b>	0.58g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	23.11mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Peach Crisp

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4068

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 GCHC	12 1/2 Pound		268348
SUGAR CANE GRANUL 25 GCHC	1 Quart		108642
STARCH CORN 24-1 ARGO	4 Fluid Ounce		108413
SPICE ALLSPICE GRND 16Z TRDE	1 3/10 Tablespoon		513601
FLAVORING VANILLA IMIT 1-QT KE	4 Ounce		110736
OATS OLD FASHIONED 12-42Z QUAK	1 Pound 2 Ounce (18 Ounce)		304096
FLOUR A/P 50 ARDENT	1 Pint		585203
SPICE CINNAMON GRND 15Z TRDE	1 Fluid Ounce		224723
SPICE NUTMEG GRND 16Z TRDE	1 Tablespoon		224944
BUTTER SPREAD 6-5 SMRT BAL	1 Cup 4 Fluid Ounce (24 Tablespoon)	READY_TO_EAT Ready to use.	684300
SUGAR BROWN LT 12-2 P/L	12 Ounce		860311

## Preparation Instructions

1. Drain peaches and reserve 2 qt of syrup
2. Place half of peaches in shallow full pan
3. Mix sugar with cornstarch in saucepan. Add reserved syrup from peaches and stir until blended. Place over medium heat. Cook until sugar dissolves and liquid is slightly thickened - about 5 minutes. Remove from heat. Add allspice and vanilla.
4. Pour half of the thickened syrup over each tray
5. Mix all remaining dry ingredients together. Add melted butter spread and mix well. Spread half over each tray.
6. Bake in Convection Oven at 350F for 10 minutes or until crumble topping is golden brown
7. Serve in 1/3 cup portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.142
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	112.69		
<b>Fat</b>	3.01g		
<b>SaturatedFat</b>	0.90g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	26.95mg		
<b>Carbohydrates</b>	20.54g		
<b>Fiber</b>	0.52g		
<b>Sugar</b>	13.77g		
<b>Protein</b>	0.83g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.82mg	<b>Iron</b>	0.29mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	99.38		
<b>Fat</b>	2.66g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	23.77mg		
<b>Carbohydrates</b>	18.12g		
<b>Fiber</b>	0.46g		
<b>Sugar</b>	12.15g		
<b>Protein</b>	0.73g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.49mg	<b>Iron</b>	0.26mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



# Biscuit and Pepper Gravy

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4069

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Pint 1 Cup (3 Cup)		701450
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
BISCUIT BTRMLK GLDN 2.25Z 5-24CT	32 Each	<b>BAKE</b> Standard Prep: Remove plastic wrap. Place white bakeable tray of biscuits onto sheet pan. Heating time 6-7 minutes for full sheet pan in 325 degrees F convection oven. See package for complete heating instructions.	109830

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	352.26		
<b>Fat</b>	17.10g		
<b>SaturatedFat</b>	10.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1172.57mg		
<b>Carbohydrates</b>	42.30g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.05g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.40mg	<b>Iron</b>	1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Baked Apples

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4070

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND 15Z TRDE	1 1/2 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon		224944
APPLE SLCD W/P 6-10 GCHC	1 5/8 Gallon		117773
Tap Water for Recipes	1	UNPREPARED	000001WTR
SUGAR CANE GRANUL 25 GCHC	1 1/2 Cup		108642
LEMON JUICE 100 12-32FLZ GCHC	1/4 Cup		311227

## Preparation Instructions

1. Drain apples, reserving juice. Add enough water to juice to make 3/4 cup for 25 servings, and 1 1/2 cups for 50 servings. Reserve for step 5.
2. Spray pan (9" x 13" x 2")
3. Place 2 lb 14 oz (1 qt 3 cups) apples. For 25 servings, use 1 pan. For 50 servings use 2 pans.
4. Over apples in each pan, sprinkle 5 oz (3/4 cup) sugar, 3/4 tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine
5. For each pan, pour 3/4 cup liquid over apples
6. Bake in Convection oven: 350° F for 25-35 minutes
7. Cool. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

No CCP necessary.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.522
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	73.76		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	10.43mg		
<b>Carbohydrates</b>	18.28g		
<b>Fiber</b>	2.09g		
<b>Sugar</b>	15.15g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	65.05		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	9.20mg		
<b>Carbohydrates</b>	16.12g		
<b>Fiber</b>	1.84g		
<b>Sugar</b>	13.36g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Mixed Fruit

<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL XL/S 6-10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		225304

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 4.00 Ounce

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	16.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	52.91		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	14.11g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	11.46g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.53mg	<b>Iron</b>	0.00mg

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# Chicken Pot Pie

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.30 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4100

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	12 3/4 Pound		100101
PEAS & CARROT 12-2.5 GCHC	1 5/12 Gallon		119458
CELERY DCD 1/4 2-5 RSS	2 Quart		198196
ONION DCD 1/4 2-5 RSS	2 Quart		198307
SPICE PEPR BLK REST GRIND 5 TRDE	1 Tablespoon		242179
SEASONING POULTRY 10Z TRDE	1 Tablespoon		273996
SOUP CRM OF MUSHRM 12-5 CAMP	2 Gallon 2 Quart (40 Cup)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
Cheese, Cheddar Reduced fat, Shredded	6 Pound 4 Ounce (100 Ounce)		100012
DOUGH PUFF PSTRY SHT10X15 20-15Z KARP	8 Each		777412

## Preparation Instructions

Directions: For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Filling:

1. Place 3 lb 3 oz (2 qt 3 cups) chicken in a steam table pan (12" x 20" x 2 1/2").
2. Add peas and carrots to each steam table pan. Spread evenly. For frozen vegetables, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
3. Mix condensed soup and water (1 to 1 ratio), in pot/bowl until combined. Add celery, onion, and poultry seasoning to soup.
4. Pour approximately 2 qt 1 cup soup mixture over chicken and vegetables in each steam table pan. Add cheese. Stir gently.

5. Place 2 puff pastry sheets per tray, on top of stirred mixture.

Bake:

Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 6 scoop (White Scoop: 2/3 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 portion (2/3 cup) provides 2 oz equivalent meat/meat alternate, 1/8 cup starchy, 1/8 cup additional vegetable and 1 1/2 oz equivalent grains.

5: CACFP Crediting Information: 1 portion (2/3 cup) provides 2 oz meat/meat alternate, 1/4 cup vegetable, and 1 1/2 serving grains.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.040
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.254
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 5.30 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	337.24		
<b>Fat</b>	18.44g		
<b>SaturatedFat</b>	8.55g		
<b>Trans Fat</b>	0.10g		
<b>Cholesterol</b>	64.92mg		
<b>Sodium</b>	705.09mg		
<b>Carbohydrates</b>	20.23g		
<b>Fiber</b>	2.39g		
<b>Sugar</b>	2.48g		
<b>Protein</b>	22.62g		
<b>Vitamin A</b>	465.56IU	<b>Vitamin C</b>	0.44mg
<b>Calcium</b>	28.65mg	<b>Iron</b>	0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## Nutrition - Per 100g

<b>Calories</b>	224.45		
<b>Fat</b>	12.27g		
<b>SaturatedFat</b>	5.69g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	43.21mg		
<b>Sodium</b>	469.27mg		
<b>Carbohydrates</b>	13.46g		
<b>Fiber</b>	1.59g		
<b>Sugar</b>	1.65g		
<b>Protein</b>	15.06g		
<b>Vitamin A</b>	309.85IU	<b>Vitamin C</b>	0.29mg
<b>Calcium</b>	19.07mg	<b>Iron</b>	0.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Cream of Mushroom Soup

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4101

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP CRM OF MUSHRM 12-5 CAMP	3 Gallon 1 Pint (50 Cup)	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	3.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.300
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 8.00 Ounce

#### Amount Per Serving

<b>Calories</b>	80.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	790.00mg		
<b>Carbohydrates</b>	9.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	35.27		
<b>Fat</b>	1.76g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.20mg		
<b>Sodium</b>	348.33mg		
<b>Carbohydrates</b>	3.97g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	0.44g		
<b>Protein</b>	0.88g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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# Pepperoni Calzone

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4103

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PEPP & CHS 24-6Z ALB	50 Each		671568

## Preparation Instructions

FULLY PREPARED.

HEAT IN OVEN @ 350\* FOR 10-12 MIN

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	410.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	830.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 237.00mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Apple Sliced with Caramel

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4105

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	50 Package	BAKE	473171
CARAMEL DIP L/F CUP 200-1Z LTHSE	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT Open, pour and enjoy!	450430

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	110.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	70.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 20.00mg
<b>Calcium</b> 43.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Corn Dog - Elementary

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4106

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	50 Each		620220

## Preparation Instructions

Day Before Service Prep

1. Remove forecasted amount of corn dogs from freezer
2. Arrange in single layer on full sheet trays
3. Thaw in refrigerator overnight on covered rack

Day of Service Prep

1. Bake at 350F for 24-27 minutes

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00
<b>Fat</b>	9.00g
<b>SaturatedFat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chic' Penne

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4108

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
PASTA PENNE RIGATE 100 WHLWHE 2-5	12 Pound		654571
GARLIC CHPD IN OIL 6-32Z TULK	1/3 Cup		195776
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 3/4 Gallon		732451
Chicken, Diced, Cooked, Frozen	4 Pound		100101
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Pint		261564
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)		225061
FLOUR A/P 50 ARDENT	1 Cup		585203
Cheese, Cheddar Reduced fat, Shredded	2 Pound		100012
CHEESE MOZZ 2 SHRD FTHR 4-5 P/L	2 Pound		731366
ONION DCD 1/4 2-5 RSS	1 Pint 1 Cup (3 Cup)		198307
SPICE THYME LEAF 6Z TRDE	2 Fluid Ounce		513814
MILK WHT FF 9-.5GAL RGNLBRND	1 3/8 Gallon		205117

## Preparation Instructions

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Directions:

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well. DO NOT OVERCOOK.
3. Toss cooked pasta with garlic. For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5). For 100



servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5).

4. Transfer pasta to steam table pan (12 x 20 x 2 1/2).

5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.

6. Add broccoli and chicken to pasta. Mix well

7. Sautee onions and add to pasta. Mix well

Sauce:

1. Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly.

2. For 50 servings, use 2 qt milk (reserve remaining milk for step 8). For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).

3. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.

4. Add cheese. Continue to stir until cheese melts.

5. Divide cheese sauce evenly and pour over pasta mixture.

6. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion two 6 fl oz spoodles (1 ½ cups).

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.280
<b>Grain</b>	1.920
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.440
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.002
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 12.00 Ounce

#### Amount Per Serving

<b>Calories</b>	300.35		
<b>Fat</b>	6.10g		
<b>SaturatedFat</b>	2.49g		
<b>Trans Fat</b>	0.09g		
<b>Cholesterol</b>	25.74mg		
<b>Sodium</b>	203.08mg		
<b>Carbohydrates</b>	48.34g		
<b>Fiber</b>	7.90g		
<b>Sugar</b>	6.36g		
<b>Protein</b>	12.79g		
<b>Vitamin A</b>	553.79IU	<b>Vitamin C</b>	71.43mg
<b>Calcium</b>	194.43mg	<b>Iron</b>	2.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	88.29
<b>Fat</b>	1.79g
<b>SaturatedFat</b>	0.73g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	7.57mg
<b>Sodium</b>	59.70mg
<b>Carbohydrates</b>	14.21g
<b>Fiber</b>	2.32g
<b>Sugar</b>	1.87g
<b>Protein</b>	3.76g
<b>Vitamin A</b> 162.79IU	<b>Vitamin C</b> 21.00mg
<b>Calcium</b> 57.15mg	<b>Iron</b> 0.83mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Breadstick

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4109

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Small Breadstick	50 Each		3699

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	0.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	140.00mg		
<b>Carbohydrates</b>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Beefy Nacho Grande

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4147

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL 5-1.5 KE	4 Pound 11 Ounce (75 Ounce)		163020
SEASONING TACO MIX 2-5 GRSZ	1/4 Cup		427446
MILK WHT FF 9-.5GAL RGNLBRND	1 Quart		205117
SAUCE CHS CHED 6-5 JTM	3 Pound 2 Ounce (50 Ounce)	<b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. <b>CAUTION: Open bag carefully to avoid being burned.</b>	271081
85/15 Ground Beef, Frozen	9 3/5 Pound		100158

## Preparation Instructions

1. Brown ground beef. Drain. Continue immediately.
2. Add seasoning. Mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
4. To maintain best consistency, serve immediately or hold hot.
5. Hold for hot service at 135° F or higher. Portion beef with HEAPING No. 16 scoop (¼ cup) over 1.5 oz (weight) or approx 15 tortilla chips.
6. Top with ground beef and cheese sauce\* on the serving line.

\*Dilute cheese sauce with milk to maintain fluid consistency

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.491
<b>Grain</b>	1.875
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	407.34
<b>Fat</b>	22.79g
<b>SaturatedFat</b>	7.16g
<b>Trans Fat</b>	1.94g
<b>Cholesterol</b>	66.26mg
<b>Sodium</b>	449.02mg
<b>Carbohydrates</b>	32.46g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.51g
<b>Protein</b>	21.08g
<b>Vitamin A</b> 213.19IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.81mg	<b>Iron</b> 1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pretzel with Nacho Cheese

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4149

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	40 Each		607122
PRETZEL ROD SFT WHEAT 180-1Z J&J	40 Each		607940
PRETZEL SFT PREBKD WHL WHE 100-2.2Z	20 Each		142411
SAUCE CHS CHED 6-5 JTM	13 Pound 12 Ounce (220 Ounce)		271081

## Preparation Instructions

607122 Mini Pretzel: 2 per serving

607940 Pretzel Rod: 2 per serving

142411 Soft Pretzel: 1 per serving

Serve all pretzels with 3 ounces of cheese sauce

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.015
<b>Grain</b>	2.083
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Each

Amount Per Serving	
<b>Calories</b>	357.58
<b>Fat</b>	16.95g
<b>SaturatedFat</b>	9.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.41mg
<b>Sodium</b>	1130.04mg
<b>Carbohydrates</b>	33.03g
<b>Fiber</b>	2.67g
<b>Sugar</b>	2.68g
<b>Protein</b>	18.77g
<b>Vitamin A</b> 781.68IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 416.96mg	<b>Iron</b> 1.71mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Tuna Salad Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4163

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TUNA CHNK LT IN WTR 6-66.5Z KE	3 Gallon		240303
ONION DCD 1/4 2-5 RSS	1 1/3 Quart		198307
CELERY DCD 1/4 2-5 RSS	3 3/4 Quart		198196
RELISH SWT PICKLE 4-1GAL GCHC	1 Pint		517186
DRESSING SALAD LT 4-1GAL GCHC	2 3/4 Quart		429422
BREAD WGRAIN SLCD 1/2 7-32Z GCHC	200 Slice		231053

## Preparation Instructions

Directions:

Drain and flake tuna.

Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.

CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.

Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: A new nutrient analysis will be coming.

4: Updated July 2014. Restandardization in progress.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.153
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	383.48
<b>Fat</b>	6.43g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	94.39mg
<b>Sodium</b>	771.47mg
<b>Carbohydrates</b>	46.84g
<b>Fiber</b>	4.30g
<b>Sugar</b>	8.51g
<b>Protein</b>	31.10g
<b>Vitamin A</b> 83.51IU	<b>Vitamin C</b> 0.58mg
<b>Calcium</b> 130.61mg	<b>Iron</b> 3.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Apple Cinnamon Toast

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4268

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	50 Slice		152504

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.00mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Slider

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4283

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SLIDER SAUS EGG & CHS IW 72-2CT	200 Each		523710

## Preparation Instructions

Bake: 350 F for 11-14 minutes

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	160.00
<b>Fat</b>	5.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 95.00mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chili Dog

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4292

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	50 Each		417350
6" Whole Grain Rich Hot Dog Bun	50 Each		3709
CHILI PRECKD W/BEANS 4-5 WHITEYS	1 Gallon 1 Pint 3/4 Cup (18 3/4 Cup)	<b>SIMMER</b> Preparation Type: Heating Instructions Stovetop Boiling Instructions: <b>BOIL IN BAG:</b> Place in boiling water and heat for 30 to 40 minutes or until 165°F throughout. Preparation Notes: Temper overnight in refrigerator. Microwave Instructions: <b>MICROWAVE OVEN:</b> Place sealed bag in a microwaveable container and heat to 165°F using a medium power setting.	433012

## Preparation Instructions

Top hot dog with 3oz of chili

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	396.25
<b>Fat</b>	24.25g
<b>SaturatedFat</b>	8.63g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	53.75mg
<b>Sodium</b>	990.00mg
<b>Carbohydrates</b>	28.13g
<b>Fiber</b>	2.63g
<b>Sugar</b>	4.50g
<b>Protein</b>	16.75g
<b>Vitamin A</b> 0.07IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 31.39mg	<b>Iron</b> 2.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fillet of Fish Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4315

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	50 bun		3474
POLLOCK BRD RECT WGRAIN MSC 3.6Z 18	50 Each	<b>BAKE</b> COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	643142

## Preparation Instructions

Bake: 350 F for 11-14 minutes

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	9.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	9.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Country Potato and Egg Breakfast Bowl - 1

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4316

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
HASHBROWN BKFST CUBES 3/4 6-5# MCC	4 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.DEEP FRY: FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.</p> <p>GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.GRIDDLE: PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.</p>	510061
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup		584584
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	1 Each	<p>BAKE PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. ON A FULL SHEET PAN: INDIVIDUALS 8X5; CLUSTERED HONEYCOMB OF 51. ON HALF A SHEET PAN: INDIVIDUAL 5X4; CLUSTERED HONEYCOMB OF 21. LEAVE ABOUT 1.4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 DEGREES F FOR 18-22 MINUTES. CONVECTION OVEN: 350 DEGREES F FOR 14-17 MINUTES FOR INDIVIDUAL PANNED AND 16-20 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST ACCORDINGLY.</p> <p>Marketing Tips</p>	576272

## Preparation Instructions



1. Spray full sheet pans with pan spray.
2. Arrange potato cubes in single layer on trays.
3. BAKE until heated through and golden brown in color.
4. Scramble eggs on grill until internal temp reaches 160 F.
5. Layer potatoes, eggs, then shredded cheese.
6. Season as necessary (no salt added)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	496.36
<b>Fat</b>	23.03g
<b>SaturatedFat</b>	10.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	114.70mg
<b>Sodium</b>	1333.33mg
<b>Carbohydrates</b>	56.42g
<b>Fiber</b>	3.33g
<b>Sugar</b>	7.09g
<b>Protein</b>	16.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.12mg	<b>Iron</b> 2.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza Pocket

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4317

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN 80-5Z	50 Each		135191

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	280.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 361.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Lemon Chicken Penne w Breadstick

<b>Servings:</b>	6.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4318

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	3/4 Pound		100101
PASTA PENNE RIGATE 51 WGRAIN 2-10	8 Ounce		221482
BASE CHIX 12-1 KE	1 Pint		160790
PEAS GREEN 6-4 GCHC	3/4 Cup		610802
CHEESE BLND PARM GRTD 4-5 P/L	1/2 Cup		186891
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
LEMON JUICE 100 12-32FLZ GCHC	1/3 Cup		311227
GARLIC MINCED IN WTR 12-32Z	1 Tablespoon		907713
Whole Grain Rich Small Breadstick	6 breadstick		3699
SPICE PARSLEY FLAKES 11Z TRDE	1 Tablespoon		513989

## Preparation Instructions

1. Spray deep skillet or pot with pan spray
2. Add diced chicken and season with salt and pepper. Cook until chicken is lightly browned.
3. Stir in garlic and cook for 30 seconds
4. Add pasta, lemon juice, broth, and water. Bring mixture to a simmer and cover. Cook pasta for approximately 8 minutes, stirring occasionally.
5. Stir in frozen peas and cover. Let pasta cook another 2-3 minutes or until tender.
6. Stir in grated Parmesan cheese. Stir.
7. Garnish with parsley flakes

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.333
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.187

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	331.01		
<b>Fat</b>	5.75g		
<b>SaturatedFat</b>	1.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	53.25mg		
<b>Sodium</b>	645.23mg		
<b>Carbohydrates</b>	44.49g		
<b>Fiber</b>	3.43g		
<b>Sugar</b>	2.75g		
<b>Protein</b>	20.46g		
<b>Vitamin A</b>	0.07IU	<b>Vitamin C</b>	0.24mg
<b>Calcium</b>	62.07mg	<b>Iron</b>	1.55mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4319

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 1/4 Pound		100101
5" Whole Grain Rich Hoagie Bun	50 bun		3737
SAUCE BBQ SWEET 4-1GAL GCHC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		435170

## Preparation Instructions

1. Combine BBQ sauce and chicken in 4" deep full sheet pan.
2. Heat until internal temperature reaches 165F. Combi Oven: Do not cover and use heat and steam setting. Convection Oven: Cover

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	312.00		
<b>Fat</b>	3.50g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	626.00mg		
<b>Carbohydrates</b>	48.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	22.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheese Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4320

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 4X6 WGRAIN 50/50 96- 4.6Z	50 Each	<b>BAKE</b> COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pan. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. Note: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585921

## Preparation Instructions

1. Place 2 frozen pizzas on lined full sheet tray
2. Bake in convection oven at 350 F for 13-16 minutes or until internal temperature reached 160 F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	238.00
<b>Fat</b>	8.50g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.00mg
<b>Sodium</b>	369.20mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	6.00g
<b>Protein</b>	12.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 236.20mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pepperoni Pizza - Elementary

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4321

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 4X6 WGRAIN 50/50 96- 4.48Z	50 Each	BAKE COOKING GUIDELINES. COOK BEFORE SERVING. Place 16 frozen pizzas in 18" x 26" x 1 2" sheet pans. Rotate pans one half turn to prevent cheese from burning. CONVECTION OVEN: Low fan, 350°F for 13 to 16 minutes. CONVENTIONAL OVEN: 400°F for 17 to 20 minutes. NOTE: For food safety and quality cook before eating to an internal temperature of 160°F. Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	585940

## Preparation Instructions

1. Place 2 frozen pizzas on lined full sheet tray
2. Bake in convection oven at 350 F for 13-16 minutes or until internal temperature reached 160 F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	236.00
<b>Fat</b>	8.70g
<b>SaturatedFat</b>	3.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.00mg
<b>Sodium</b>	433.10mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	5.00g
<b>Protein</b>	11.80g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 190.60mg	<b>Iron</b> 2.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Side Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4324
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		735787
TOMATO GRAPE SWT 10 MRKN	1/10 Cup		129631

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.750
<b>RedVeg</b>	0.002
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	15.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.02mg		
<b>Carbohydrates</b>	3.01g		
<b>Fiber</b>	1.50g		
<b>Sugar</b>	1.51g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	3.00IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	24.04mg	<b>Iron</b>	0.54mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Potato Casserole

<b>Servings:</b>	18.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4326
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 OREI	1 Pound 14 Ounce (30 Ounce)	GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 8 TO 10 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.	774227
Cheese, Cheddar Reduced fat, Shredded	1 Cup		100012
ONION DCD 1/4 2-5 RSS	1/4 Cup		198307
GARLIC MINCED IN WTR 12-32Z	1 Tablespoon		907713

## Preparation Instructions

1. Combine ingredients
2. Use additional seasoning if necessary
3. Bake at 350 F until internal temperature reaches 155 F and top is golden brown

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.444
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.001
<b>Legumes</b>	0.000
<b>Starch</b>	0.215

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	79.15		
<b>Fat</b>	2.67g		
<b>SaturatedFat</b>	1.78g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.89mg		
<b>Sodium</b>	88.93mg		
<b>Carbohydrates</b>	10.04g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	0.01g		
<b>Protein</b>	3.99g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	2.15mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Strawberries

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4328
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3 Quart 1/2 Cup (12 1/2 Cup)		621420
STRAWBERRY 8 MRKN	3 Quart 1/2 Cup (12 1/2 Cup)		212768

## Preparation Instructions

Serve in half cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.278
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	14.77		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.07mg		
<b>Carbohydrates</b>	3.81g		
<b>Fiber</b>	0.89g		
<b>Sugar</b>	1.83g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.85IU	<b>Vitamin C</b>	4.17mg
<b>Calcium</b>	1.13mg	<b>Iron</b>	0.48mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes and Gravy

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-4329
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY TKY RSTD 12-50Z HRTSTN	1/8 Cup		673595
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	7/10 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911

## Preparation Instructions

2 oz mashed potatoes

1 oz gravy

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	92.90		
<b>Fat</b>	1.04g		
<b>SaturatedFat</b>	0.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.60mg		
<b>Sodium</b>	527.20mg		
<b>Carbohydrates</b>	17.60g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.93mg	<b>Iron</b>	0.23mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Country Potato, Egg, and Cheese Breakfast Bowl

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-4395

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	1 Cup		762861
HASHBROWN BKFST CUBES 3/4 6-5# MCC	9 Pound 6 Ounce (150 Ounce)	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.</p> <p>DEEP FRY: FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.</p> <p>GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.</p> <p>GRIDDLE: PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.</p>	510061
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012

## Preparation Instructions

1. Spray full sheet pans with pan spray
2. Arrange potato cubes in single layer on trays
3. BAKE until heated through and golden brown in color
4. Scramble eggs on grill until internal temperature reaches 160 F
5. Layer potatoes, eggs, then shredded cheese

6. Season as necessary - no salt added

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.540
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		185.60	
<b>Fat</b>		9.36g	
<b>SaturatedFat</b>		4.12g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		33.80mg	
<b>Sodium</b>		556.00mg	
<b>Carbohydrates</b>		18.12g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.08g	
<b>Protein</b>		8.48g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.04mg	<b>Iron</b>	0.38mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Baked Beans

<b>Servings:</b>	2.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7121

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PORK & NAVY 6-10 GCHC	1 Cup		118826
ONION SLCD 3/16 2-5 RSS	1 Ounce		591122
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Tablespoon		100129
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 Teaspoon		860221
SUGAR BROWN LT 12-2 P/L	1 Ounce		860311

## Preparation Instructions

Directions:

In each 4" deep sprayed serving pan

2 #10 pork & beans

1 cup frozen diced onions

1.5 cups ketchup

1/2 cup yellow mustard

1.5 cups brown sugar

Place in oven

Bake till sauce thickens and temp is reached

CCP: Heat to 165° F or higher for at least 15 seconds

Place in holding area till serving

CCP: Hold for hot service at 135° F or higher

Notes:

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	152.50
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	11.50g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.50mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Marinated Black Bean Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7123

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	1 1/8 Gallon		231981
Corn, Whole Kernel, No Salt Added, Frozen	2 5/6 Quart	STEAM	100348
PEPPERS GREEN DCD SWT 12-2 GCHC	1 3/16 Quart		508632
PEPPERS RED 5 P/L	1 1/2 Quart		597082
ONION RED DCD 1/4 2-5 RSS	8 Ounce		429201
LEMON JUICE 100 12-32FLZ GCHC	1 Cup		311227
SPICE PARSLEY FLAKES 2Z TRDE	1/4 Cup		259195
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce		273945
SPICE GARLIC GRANULATED 24Z TRDE	1 1/3 Tablespoon		513881
SALSA 103Z 6-10 REDG	3 1/2 Pound	READY_TO_EAT None	452841
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1/2 Cup		292702
Cheese, Cheddar Reduced fat, Shredded	2 Pound		100012

## Preparation Instructions

Directions:

Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.

For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.

Pour dr essing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Refrigerate until service.

Portion with No. 8 scoop (1/2 cup)

Sprinkle Monterey Jack cheese (optional) on top before serving.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: Special Tips:

4: 1) This salad is a colorful

5: accompaniment for Tacos (D-13).

6: 2) Black beans can be rinsed

7: to brighten their color.

8: Legume as Vegetable: 1/8 cup legume vegetable, 1/8 cup starchy vegetable, and 1/4 cup additional vegetable.

9: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.043
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.153
<b>OtherVeg</b>	0.005
<b>Legumes</b>	0.181
<b>Starch</b>	0.014

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	87.30		
<b>Fat</b>	3.08g		
<b>SaturatedFat</b>	1.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.40mg		
<b>Sodium</b>	150.67mg		
<b>Carbohydrates</b>	10.38g		
<b>Fiber</b>	1.96g		
<b>Sugar</b>	1.39g		
<b>Protein</b>	4.90g		
<b>Vitamin A</b>	239.99IU	<b>Vitamin C</b>	13.95mg
<b>Calcium</b>	30.22mg	<b>Iron</b>	1.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pasta Salad

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7124

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	2 3/4 Gallon	UNPREPARED	000001WTR
PASTA ROTINI 4-5 GCHC	6 1/4 Pound		413360
OIL SALAD VEG SOY CLR NT 6-1GAL GCHC	1 Pint		292702
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 3/4 Quart		629640
SPICE PEPR BLK REG FINE GRIND 16Z	2 Teaspoon		225037
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
SUGAR BROWN LT 12-2 P/L	3 1/2 Pound		860311
SPICE PARSLEY FLAKES 2Z TRDE	1 1/2 Tablespoon		259195
MUSTARD YELLOW PREP 4-1GAL CRWNCOLL	1 1/3 Tablespoon		860221
PEPPERS GREEN DCD SWT 12-2 GCHC	1 Pint 1 Cup (3 Cup)		508632
ONION RED DCD 1/4 2-5 RSS	1 Pound		429201
TOMATO GRAPE SWT 10 MRKN	1 3/8 Gallon		129631
CUCUMBER SELECT 24CT MRKN	3 1/2 Quart		418439
Broccoli, No salt added, Frozen	1 2/9 Gallon		110473

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.

Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step



5.

Pour 3 1/4 cups (about 1 lb 11 oz) dressing over 1 gal 3 qt (about 8 lb 10 oz) vegetable and pasta mixture. Stir well.

Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 5/8 cup vegetable and 1 serving grains/bread.

6: \*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.746
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.098
<b>RedVeg</b>	0.110
<b>OtherVeg</b>	0.075
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	188.06		
<b>Fat</b>	3.04g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.22mg		
<b>Carbohydrates</b>	34.81g		
<b>Fiber</b>	2.36g		
<b>Sugar</b>	3.62g		
<b>Protein</b>	6.03g		
<b>Vitamin A</b>	173.18IU	<b>Vitamin C</b>	2.93mg
<b>Calcium</b>	3.71mg	<b>Iron</b>	1.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Hash Brown Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7126

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN PTY 120-2.25Z OREI	100 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	12.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	560.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Refried Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Refried, Low sodium, canned	12 Pound 8 Ounce (200 Ounce)	BAKE Open can and heat according to recipe or instructions on can	100362
SEASONING TACO MIX 2-5 GRSZ	1/2 Cup		427446
MILK WHT 2 4-1GAL RGNLBRND	1 Cup		504602

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	4.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	903.20		
<b>Fat</b>	0.75g		
<b>SaturatedFat</b>	0.46g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.20mg		
<b>Sodium</b>	1242.80mg		
<b>Carbohydrates</b>	162.56g		
<b>Fiber</b>	40.00g		
<b>Sugar</b>	8.00g		
<b>Protein</b>	57.36g		
<b>Vitamin A</b>	79.97IU	<b>Vitamin C</b>	0.39mg
<b>Calcium</b>	50.82mg	<b>Iron</b>	0.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Whole Grain Cookie

<b>Servings:</b>	10.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-7131

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH CKY CHOC CHIP WGRAIN 384-1Z	10 Each		243371

## Preparation Instructions

1. PREHEAT OVEN TO 325°F AND 375\* F (DEPENDING ON CONVECTION/ CONVENTIONAL OVEN).
2. PLACE COOKIES 3 INCHES APART, ALL DIRECTIONS, ON LINED PAN (BAKING PAPER).
3. BAKE COOKIES FOR 8-12 MINUTES. WATCH CLOSELY, BAKING TIMES MAY VARY DEPENDING ON OVEN).
4. RECOMMEND PAN ROTATION HALFWAY THROUGH FOR AN EVEN BAKE.
5. REMOVE FROM OVEN, ALLOW TO COOL BEFORE REMOVING FROM PAN.
6. ENJOY!!
7. RETURN UNUSED FROZEN DOUGH TO FREEZER.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	110.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.00mg
<b>Sodium</b>	85.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	1.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Potato Bowl with Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8771

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SWT 6-4 GCHC	1/4 Cup		610782
GRAVY MIX BROWN 12-15Z GCHC	2 Ounce		242450
POTATO GRANULES BAG 12-26Z SIMPL	10/13 Ounce		182303
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
BISCUIT WGRAIN MINI FB 1Z 5-35CT PILL	1 Each	READY_TO_EAT For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 4-5 minutes in a convection oven, 375F for 5-6 minutes in a standard reel oven, and 150F for 44-55 minutes in a food warmer. If warming in a microwave, apply 10 seconds of heat for 1 biscuit, 15 seconds of heat for 2 biscuits, 20 seconds of heat for 3 biscuits, 30 seconds of heat for 4 biscuits and 40 seconds of heat for 5 biscuits.	521782
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	612.31
<b>Fat</b>	28.37g
<b>SaturatedFat</b>	11.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	1630.00mg
<b>Carbohydrates</b>	56.84g
<b>Fiber</b>	6.75g
<b>Sugar</b>	3.49g
<b>Protein</b>	29.75g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 2.40mg
<b>Calcium</b> 309.00mg	<b>Iron</b> 2.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Peanut Butter and Jelly Homemade

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12327
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Whole Wheat Bread	2 Slice		1448
JELLY APPLE-GRAPE 6-10 GCHC	1 Tablespoon		100927
PEANUT BUTTER SMOOTH 6-5 GFS	2 Ounce		183245

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	285.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	265.00mg		
<b>Carbohydrates</b>	27.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	10.50g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Fajita Soup

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15440

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
SOUP CRM OF MUSHRM 12-5 CAMP	1 1/2 Cup	In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often.	101346
SALSA 6-10 COMM	1 Cup		150570
Corn, Whole Kernel, No Salt Added, Frozen	1 Pint		100348
BEAN BLACK 6-10 GRSZ	1 4/5 Cup		557714
Tap Water for Recipes	1 1/2	UNPREPARED	000001WTR
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	1 Cup	UNPREPARED	100012

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.118
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.083
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.150
<b>Starch</b>	0.167

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	155.01
<b>Fat</b>	4.40g
<b>SaturatedFat</b>	2.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.31mg
<b>Sodium</b>	468.06mg
<b>Carbohydrates</b>	15.81g
<b>Fiber</b>	2.88g
<b>Sugar</b>	3.21g
<b>Protein</b>	12.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.60mg	<b>Iron</b> 0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Mushroom Soup

<b>Servings:</b>	10.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15441

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	1 Pound	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
MUSHROOM SLCD 3/16 2 RANDOM SZ 10	1 Pint		637442
ONION DCD 1/4 2-5 RSS	6 Ounce		198307
CARROT BABY WHL PETITE 4-5 RSS	8 Ounce		768146
1% Low Fat White Milk	1 Carton		13871
RICE PARBL STRONGBOX 25 GCHC	1 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
BROTH CHIX NO MSG 12-5 HRTHSTN	1 Quart		261564

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.941
<b>Grain</b>	0.800
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.178
<b>OtherVeg</b>	0.236
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	155.74
<b>Fat</b>	2.17g
<b>SaturatedFat</b>	1.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.32mg
<b>Sodium</b>	545.38mg
<b>Carbohydrates</b>	21.57g
<b>Fiber</b>	0.87g
<b>Sugar</b>	3.91g
<b>Protein</b>	11.49g
<b>Vitamin A</b> 1.00IU	<b>Vitamin C</b> 0.54mg
<b>Calcium</b> 14.73mg	<b>Iron</b> 0.65mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Tex-Mex Chicken Noodle Soup

<b>Servings:</b>	12.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15442

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/4 2-5 RSS	8 Ounce		198307
CARROT BABY WHL PETITE 4-5 RSS	4 Ounce		768146
Corn, Whole Kernel, No Salt Added, Frozen	1 Pint		100348
Diced Tomatoes cnd	1 Pint	BAKE	100329
BROTH CHIX NO MSG 12-5 HRTSTN	1 Quart 1 Pint (6 Cup)		261564
PASTA NOODL KLUSKI 1/8 2-5 GCHC	12 Ounce		270385
CHICKEN FAJITA STRIPS, COOKED, FROZEN	9 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.441
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.241
<b>OtherVeg</b>	0.040
<b>Legumes</b>	0.000
<b>Starch</b>	0.167

## Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	180.60		
<b>Fat</b>	2.47g		
<b>SaturatedFat</b>	0.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	38.82mg		
<b>Sodium</b>	440.53mg		
<b>Carbohydrates</b>	30.83g		
<b>Fiber</b>	2.30g		
<b>Sugar</b>	4.55g		
<b>Protein</b>	9.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	17.63mg	<b>Iron</b>	0.95mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Parmesan Soup

<b>Servings:</b>	10.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15444

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHICKEN FAJITA STRIPS, COOKED, FROZEN	8 Ounce	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117
PASTA PENNE RIGATE 51 WGRAIN 2-10	8 Ounce		221482
Cheese, Mozzarella, Part Skim, Shredded	1 Cup		100021
CHEESE PARM SHRD FCY 10-2 PG	4 Fluid Ounce		460095
BROTH CHIX NO MSG 12-5 HRTHTSTN	1 Quart 1 Pint (6 Cup)		261564
Diced Tomatoes cnd	1 Pint	BAKE	100329
ONION DCD 1/4 2-5 RSS	4 Ounce		198307

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.271
<b>Grain</b>	0.800
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.024
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	245.71
<b>Fat</b>	10.54g
<b>SaturatedFat</b>	6.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.41mg
<b>Sodium</b>	788.59mg
<b>Carbohydrates</b>	21.87g
<b>Fiber</b>	2.80g
<b>Sugar</b>	3.67g
<b>Protein</b>	17.04g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 219.60mg	<b>Iron</b> 0.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Banana Bread

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15607

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	10 Each	Thaw and Serve	230361
BREAD WILD BRY IW 70-3.4Z SUPBAK	10 Piece		523222
BREAD COCOA WGRAIN SLC 70-3.4Z	10 Each		726791

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	243.33mg
<b>Carbohydrates</b>	44.33g
<b>Fiber</b>	2.33g
<b>Sugar</b>	23.33g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.33mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bagel w Cream Cheese

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15608

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL CINN RAISIN WGRAIN IW 72-2.25Z	10 Each		672141
Blueberry Bagel	10 Each		739631
BAGEL WHT WGRAIN IW 72-2Z LENDER	10 Each		217911
CHEESE CREAM LT CUP 100-1Z P/L	30 Each		549762

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	216.67
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	261.67mg
<b>Carbohydrates</b>	32.67g
<b>Fiber</b>	4.33g
<b>Sugar</b>	6.67g
<b>Protein</b>	8.67g
<b>Vitamin A</b> 300.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 1.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg, Bacon, Cheese Bosco Stick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15609

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK BKFST WGRAIN 6 72-2.08Z	50 Each	For best results, thaw before heating. Heating times may vary. Thawing Instructions: Remove product from case. Place wrapped breadstick in a single layer on trays. Thaw for 12 hours or overnight in refrigerator.	868651

## Preparation Instructions

1. For best results, thaw before heating. Heating times may vary. Thawing Instructions: Remove product from case. Place wrapped breadstick in a single layer on trays. Thaw for 12 hours or overnight in refrigerator.
2. Oven temperatures may vary. Adjust baking times and/or temperatures as necessary. Convection Oven: Preheat convection oven to 350 degrees F with fan on. Place wrapped breadstick on baking sheet. For a crispy crust open one end of wrapper before baking. Thawed: Bake 10-12 minutes or until a minimum internal temperature of 165 degrees F has been reached. Let stand 2 minutes before serving. CAUTION: FILLING MAY BE HOT

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	380.00mg
<b>Carbohydrates</b>	17.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 128.00mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15611

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD MED SLCD 3-100CT GFS	100 Slice		874124

## Preparation Instructions

1. Thaw
2. Can serve hot or cold

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Slice

#### Amount Per Serving

<b>Calories</b>	46.67		
<b>Fat</b>	3.80g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	167.07mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.87g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Southern Sausage Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15613

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

## Preparation Instructions

PLACE PATTIES ON SHEET PAN AND HEAT IN OVEN AT 350 DEGREES F FOR APPROX 7-8 MINUTES

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	121.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.00mg
<b>Sodium</b>	172.00mg
<b>Carbohydrates</b>	1.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Patty

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15614

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD IQF 2Z 12 GFS	50 Each		112630

## Preparation Instructions

\*Best prepared from frozen

Warm internal temp to 135

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	220.00		
<b>Fat</b>	21.00g		
<b>SaturatedFat</b>	7.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	430.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.36mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Bar

<b>Servings:</b>	60.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15616

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	10 Each		209741
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	10 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	10 Each		498170
BAR APPL CINN BKD 12- 16CT FLDSTN	10 Each	READY_TO_EAT Grab and go, ready to eat and individually wrapped for convenience and portion control. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; day cares, camps, golf courses and recreation programs.	245951
BITE BACK PACKER CHOC CHP 6-6CT 1.24Z	10 Package	READY_TO_EAT Follow instruction on the package	764031
BAR GRANOLA OAT&HNY 6-18CT NATVLLY	10 Piece	READY_TO_EAT Ready to serve and eat	650330

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.940
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	158.33
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	28.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	13.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 111.67mg	<b>Iron</b> 1.57mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Burrito IW

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15617

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BN/EGG/CHS WGRAIN CN 90-3.5Z	2 Quart 1 Pint (10 Cup)		497601
TACO BKFST EGG&CHS WGRAIN IW 50-2.5Z	2 Quart 1 Pint (10 Cup)		497362
TACO BKFST WGRAIN IW 50-2.5Z	2 Quart 1 Pint (10 Cup)		825910

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.917
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	166.67
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.67mg
<b>Sodium</b>	353.33mg
<b>Carbohydrates</b>	20.67g
<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 79.00mg	<b>Iron</b> 1.29mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg and Cheese Bagel

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15628

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each		462519
Cheese, Processed, Sliced Yellow	3 Pound 2 Ounce (50 Ounce)	2 slices = 1 oz	100018
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	50 Each		230264

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	295.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.00mg
<b>Sodium</b>	540.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	14.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Apple Cinnamon Toast

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15631

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOAST TEXAS APPL CINN IW 96-3.3Z S&F	50 Slice		152504

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	260.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	17.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.00mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Sausage Links

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15633

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	100 Each		720038

## Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, MICROWAVED, OR OVEN HEATED, HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	170.00		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	5.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.12mg	<b>Iron</b>	0.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Scrambled Eggs with BB Breadstick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15637

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	50 Each		480431
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	3 Quart 1/2 Cup (12 1/2 Cup)		481492

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	510.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	13.00g

**Vitamin A** 0.00IU      **Vitamin C** 0.00mg

**Calcium** 186.00mg      **Iron** 2.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Country Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.28 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15639

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN BKFST CUBES 6-6 PRVTRES	7 Pound 2 Ounce (114 Ounce)		744107

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.28 Ounce

#### Amount Per Serving

<b>Calories</b>	456.00
<b>Fat</b>	11.40g
<b>SaturatedFat</b>	2.28g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1185.60mg
<b>Carbohydrates</b>	77.52g
<b>Fiber</b>	9.12g
<b>Sugar</b>	4.56g
<b>Protein</b>	9.12g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.60mg	<b>Iron</b> 2.96mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	705.48		
<b>Fat</b>	17.64g		
<b>SaturatedFat</b>	3.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1834.25mg		
<b>Carbohydrates</b>	119.93g		
<b>Fiber</b>	14.11g		
<b>Sugar</b>	7.05g		
<b>Protein</b>	14.11g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	70.55mg	<b>Iron</b>	4.59mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Muffin with Scrambled Eggs

<b>Servings:</b>	55.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15641

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	3 Quart 1 3/4 Cup (13 3/4 Cup)		481492
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	5 Each		557981
MUFFIN APPL CINN WGRAIN IW 72-2Z	5 Each		558011
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	5 Each		557991
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	5 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	5 Each	THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	5 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	5 Each	THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	5 Each	BAKE	279991
MUFFIN BLUEB WGRAIN IW 60-1.94Z GCHC	5 Each		280021
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	5 Each		280001
MUFFIN BAN WGRAIN IW 60-1.94Z GCHC	5 Each		280030

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 55.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	276.36		
<b>Fat</b>	14.27g		
<b>SaturatedFat</b>	3.36g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	182.73mg		
<b>Sodium</b>	391.36mg		
<b>Carbohydrates</b>	30.36g		
<b>Fiber</b>	1.09g		
<b>Sugar</b>	15.73g		
<b>Protein</b>	7.82g		
<b>Vitamin A</b>	1.31IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.64mg	<b>Iron</b>	1.99mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Quesadilla

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15650

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
QUESADILLA CHS WGRAIN 96-5Z MAX	50 Each		231771

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	300.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	39.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 2.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Potato Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15652

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAD POT RED CHUNKY 2-5 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		781371
SALAD POT AMERICAN 10 GCHC	3 Quart 1/2 Cup (12 1/2 Cup)		273163

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.190

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	196.67		
<b>Fat</b>	12.33g		
<b>SaturatedFat</b>	1.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	278.33mg		
<b>Carbohydrates</b>	19.83g		
<b>Fiber</b>	1.33g		
<b>Sugar</b>	5.83g		
<b>Protein</b>	1.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.67mg	<b>Iron</b>	0.23mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Peas

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15654

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	1 Gallon 2 Quart 1 Cup (25 Cup)	Bake or steam	100350

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	58.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Hashbrown Casserole

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15656

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN SHRD IQF 6-3 GCHC	6 Pound		316334
SOUR CREAM L/F 4-5 RGNLBRND	1 Quart 1 Cup (5 Cup)	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
SOUP CRM OF CHIX 12-5 HLTHYREQ	1 Quart 1 Cup (5 Cup)		695513
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300
ONION DCD 1/4 2-5 RSS	1 Cup		198307
Cheese, Cheddar Reduced fat, Shredded	1 Quart 1 Pint (6 Cup)		100012

## Preparation Instructions

1. Melt Smart Balance
  2. Mix all ingredients together
  3. Bake in shallow pan 35 minutes (covered) at 350 F
  4. Uncover and bake for additional 5 minutes
- Serve in 1/2 cup servings

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.480
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.010
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	147.80
<b>Fat</b>	8.20g
<b>SaturatedFat</b>	3.94g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.10mg
<b>Sodium</b>	226.40mg
<b>Carbohydrates</b>	14.80g
<b>Fiber</b>	1.28g
<b>Sugar</b>	2.60g
<b>Protein</b>	5.64g
<b>Vitamin A</b> 210.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.29mg	<b>Iron</b> 0.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spaghetti with Meatballs

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15659

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN 2-10	3 Pound 2 Ounce (50 Ounce)	1 cup cooked pasta = 2 Grain Equivalents	221460
MEATBALL CKD .65Z 6-5 COMM	200 Each		785860
SAUCE MARINARA A/P 6-10 REDPK	3 Quart 1/2 Cup (12 1/2 Cup)	READY_TO_EAT None	592714
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	50 Each		512723

## Preparation Instructions

1. Cook spaghetti and drain spaghetti
  2. Cook meatballs in sauce
  3. Bake breadsticks
  4. Hold at 135F or higher
- Serve 1/2 cup cooked pasta with 4 meatballs and pair with garlic breadstick

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	334.00		
<b>Fat</b>	10.75g		
<b>SaturatedFat</b>	3.50g		
<b>Trans Fat</b>	0.60g		
<b>Cholesterol</b>	36.00mg		
<b>Sodium</b>	511.00mg		
<b>Carbohydrates</b>	42.50g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	18.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.50mg	<b>Iron</b>	3.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Pork Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15661

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
5" Whole Grain Rich Hoagie Bun	50 bun		3737
PORK PULLED BBQ LO SOD 4-5 BROOKWD	12 Pound 8 Ounce (200 Ounce)		498702

## Preparation Instructions

1. Combine BBQ sauce and chicken in 4" deep full sheet pan.
2. Heat until internal temperature reaches 165F. Combi Oven: Do not cover and use heat and steam setting.  
Convection Oven: Cover

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	390.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	510.00mg		
<b>Carbohydrates</b>	44.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	27.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Raisins

<b>Servings:</b>	30.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15666

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	2 Quart 1 Pint (10 Cup)		544426
RAISIN WTRMLN 200-1.5Z RAISELS	10 Each		237242
RAISIN SR ORNG 200-1.5Z RAISELS	10 Each		514790

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.667
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	258.00
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	10.40mg
<b>Carbohydrates</b>	64.67g
<b>Fiber</b>	3.73g
<b>Sugar</b>	56.67g
<b>Protein</b>	2.27g
<b>Vitamin A</b> 4.93IU	<b>Vitamin C</b> 40.13mg
<b>Calcium</b> 34.53mg	<b>Iron</b> 2.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Meatloaf

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15674

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD CN NA 80-3Z ADV	50 Each	BAKE Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 16-17 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 5-6minutes.	472118
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		629640
SUGAR BROWN LT 12-2 P/L	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		100129

## Preparation Instructions

Fully cooked meatloaf slice

1. Arrange in single layer on baking tray
2. Convection Oven: Frozen product: preheat oven to 350 degrees f. Heat for 5-6minutes
3. Combine ketchup, vinegar, and brown sugar. Cook until brown sugar is dissolved.

Serve one slice of meatloaf with 1oz glaze and mac and cheese

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	287.65		
<b>Fat</b>	15.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Grilled Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15678

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each		185033
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	270.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	600.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	29.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 84.00mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken with Fried Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15684

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	11 Pound 4 Ounce (180 Ounce)	1/2 cup = 2 Meat Equivalents	550512
RICE FRIED VEG WGRAIN 6-5.16 MINH	3 Gallon 1 Pint (50 Cup)		676463

## Preparation Instructions

Chicken:

1. Prepare from frozen state.
2. Place a single layer of chicken on baking sheet.
3. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F.
4. Heat sauce in steamer, low boil in the bag or microwave.
5. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.
6. Serve in 1/2 cup portions

Fried Rice:

1. Pre-heat convection oven to 350 degrees F.
2. Spray full size steam table pan with vegetable spray.
3. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.
4. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above.
5. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.
6. Serve in 3/4 cup portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.339
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	195.76		
<b>Fat</b>	3.42g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	354.58mg		
<b>Carbohydrates</b>	28.15g		
<b>Fiber</b>	0.68g		
<b>Sugar</b>	10.51g		
<b>Protein</b>	12.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	1.20mg
<b>Calcium</b>	1.69mg	<b>Iron</b>	0.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Salad Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15690

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CKD SHRD WHT IQF 2-5 GCHC	6 Pound 6 Ounce (102 Ounce)		617760
CELERY DCD 1/4 2-5 RSS	1 Quart 1 1/4 Cup (5 1/4 Cup)		198196
ONION DCD 1/4 2-5 RSS	12 Ounce		198307
DRESSING SALAD LT 4-1GAL GCHC	1 Pint 1 1/4 Cup (3 1/4 Cup)		429422
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474

## Preparation Instructions

1. Combine chicken, celery, onion, and lite salad dressing
2. Refrigerate for at least one hour
3. Use 1/2 cup scoop to serve on hamburger bun/bread

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.040
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.119
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.64		
<b>Fat</b>	5.37g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.44mg		
<b>Sodium</b>	356.59mg		
<b>Carbohydrates</b>	29.26g		
<b>Fiber</b>	2.21g		
<b>Sugar</b>	5.53g		
<b>Protein</b>	23.45g		
<b>Vitamin A</b>	58.46IU	<b>Vitamin C</b>	0.40mg
<b>Calcium</b>	15.26mg	<b>Iron</b>	8.27mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Melon Cubes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15691

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WATERMELON RED SDLSS 2CT P/L	1 Gallon 3/5 Cup (16 3/5 Cup)		326089
MELON MUSK CANTALOUPE 12CT P/L	1 Gallon 3/5 Cup (16 3/5 Cup)		200565
MELON HNYDEW 5-6CT/AVG P/L	2 Pound		197904

## Preparation Instructions

1/2 cup serving size

Watermelon, cantaloupe, honeydew melon available

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	38.80
<b>Fat</b>	0.07g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.67mg
<b>Carbohydrates</b>	9.90g
<b>Fiber</b>	0.64g
<b>Sugar</b>	8.80g
<b>Protein</b>	0.63g
<b>Vitamin A</b> 287.14IU	<b>Vitamin C</b> 171.41mg
<b>Calcium</b> 7.92mg	<b>Iron</b> 0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bacon, Egg, and Cheese Bagel

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15693

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each		462519
Cheese, Processed, Sliced Yellow	3 Pound 2 Ounce (50 Ounce)	2 slices = 1 oz	100018
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	50 Each		230264
BACON CKD THN SLCD 3-100CT GFS	100 Slice		314196

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	7.60g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	108.00mg
<b>Sodium</b>	736.90mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	17.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 1.78mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grapes

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15694

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS 18AVG MRKN	2 Gallon 2 Quart (40 Cup)		197831

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.800
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	90.03
<b>Fat</b>	0.43g
<b>SaturatedFat</b>	0.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.67mg
<b>Carbohydrates</b>	23.47g
<b>Fiber</b>	1.17g
<b>Sugar</b>	21.33g
<b>Protein</b>	0.85g
<b>Vitamin A</b> 134.40IU	<b>Vitamin C</b> 5.38mg
<b>Calcium</b> 18.82mg	<b>Iron</b> 0.39mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Baked French Toast Strips

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15722

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WGR Texas Toast Slice	110 Slice		1294
EGG SHL XL A GRD 6-30CT GCHC	53 Each		273899
1% LOW FAT MILK - GALLON	3 Quart		1350
SUGAR BEET GRANUL 25 GCHC	1 Pint 1/2 Cup (2 1/2 Cup)		108588
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
SPICE CINNAMON GRND 15Z TRDE	1 1/3 Tablespoon		224723

## Preparation Instructions

### Directions:

Cut each slice of bread into 3 even strips. Arrange 35 of these strips of bread in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.

Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.

Pour 1 qt 1 cup of egg mixture over each pan of bread strips.

Cover pans with plastic wrap and chill for 4-24 hours.

Sprinkle cinnamon on top

Bake: Conventional oven: 425° F for 35 minutes. Convection oven: 375° F for 20 minutes. CCP: Heat to 145° F for 3 minutes.

CCP: Hold for hot service at 135° F or higher. Portion 2 strips.

### Notes:

1: Special Tips:

2: For 50 servings, use 13 1/2 oz (1 qt 1/4 cup) dried whole eggs and 1 qt 1/4 cup water in place of eggs.

3: For 100 servings, use 1 lb 10 1/2 oz (2 qt cup) dried whole eggs and 2 qt cup water in place of eggs.

4: Serve with Spiced Apple Topping (G-09), lowfat yogurt, fresh fruit, or maple syrup.

5: A new nutrient analysis will be coming.

6: Updated July 2014. Restandardization is progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.100
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	156.17
<b>Fat</b>	3.78g
<b>SaturatedFat</b>	1.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	101.97mg
<b>Sodium</b>	157.12mg
<b>Carbohydrates</b>	22.62g
<b>Fiber</b>	0.00g
<b>Sugar</b>	7.22g
<b>Protein</b>	7.60g
<b>Vitamin A</b> 1.20IU	<b>Vitamin C</b> 0.24mg
<b>Calcium</b> 17.91mg	<b>Iron</b> 0.48mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Ham and Egg Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15723

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	50 Slice		556121
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	50 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21-25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20-22 minutes in a convection oven.	269210
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	50 Each		208990

## Preparation Instructions

1. Bake biscuits and egg patties from frozen state
2. Assemble sandwich with 1 split biscuit, 1 egg patty, and 2 sliced of ham
3. Serve hot.
4. Hold at 135 or above.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.083
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	271.67
<b>Fat</b>	13.33g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	85.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	10.33g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 135.00mg	<b>Iron</b> 1.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Strawberry Pastry Twist

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15727

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	50 Each	<b>READY_TO_EAT</b> Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing <b>THAW AND SERVE:</b> Thaw at room temperature for 120 minutes prior to serving. <b>WARMING UNIT:</b> Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

## Preparation Instructions

Thaw 2 hours prior to serving

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	230.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	190.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hash Brown Triangle

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 GCHC	50 Each		518557

## Preparation Instructions

1. Bake from frozen state
2. CONVECTION: 7 OR 8 UNITS AT 400 DEGREES F. FOR 13 MINUTES. CONVENTIONAL: 7 OR 8 UNITS AT 450 DEGREES F. FOR 20 MINUTES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	100.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	13.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.00mg	<b>Iron</b>	0.35mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Homemade Breakfast Burrito

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15730
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE WHL HOG BULK TUBE 5-2 GCHC	1 Pound 14 Ounce (30 Ounce)		836753
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	60 Slice		189071
TORTILLA WHLWHE 10 12-12CT LABAND	60 Each		456330
EGG SCRMBD CKD FZ 4-5 CARG	3 Pound 12 Ounce (60 Ounce)	<b>BAKE</b> Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. <b>CONVECTION OVEN - 275°F</b> Thawed: 25-30 minutes <b>Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F</b> Thawed: 30-35 minutes <b>Frozen: 35-40 minutes</b>	192330
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	3 Quart 1 Pint 1 Cup (15 Cup)		481492

## Preparation Instructions

1. Cook sausage and eggs to 165
2. Portion 1/4 cup scrambled eggs, 1 slice cheese, and 1/2 oz sasage into tortilla shell
3. Fold tortilla like a burrito
4. Serve hot

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	427.50
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	265.00mg
<b>Sodium</b>	897.50mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	20.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 153.50mg	<b>Iron</b> 51.27mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg, and Cheese Bagel

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15732

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z 12-6CT LENDERS	50 Each		230264
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	50 Slice		189071
SAUSAGE PTY STHR N 1.33Z 6-5 JTM	50 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	50 Each		208990

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	341.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	5.95g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	108.50mg
<b>Sodium</b>	547.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 88.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 159.50mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Muffin with Yogurt

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15734

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	10 Each		262343
MUFFIN APPL CINN WGRAIN IW 72-2Z	10 Each		558011
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	10 Each		557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	10 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	10 Each		557991
MUFFIN BANANA WGRAIN IW 48-2Z SL	10 Each		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	10 Each		262370
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	23 3/10 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	23 3/10 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT RASPB RNBW L/F 48-4Z TRIX	23 3/10 Each	READY_TO_EAT Ready to eat single serving	551770

## Preparation Instructions

Thaw and serve.

Heat and serve.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	261.80
<b>Fat</b>	6.60g
<b>SaturatedFat</b>	1.71g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	25.95mg
<b>Sodium</b>	181.82mg
<b>Carbohydrates</b>	44.74g
<b>Fiber</b>	1.71g
<b>Sugar</b>	25.51g
<b>Protein</b>	6.71g
<b>Vitamin A</b> 2.06IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 133.32mg	<b>Iron</b> 0.98mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pancakes w SF Syrup

<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15735

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	10 Package	<p><b>READY_TO_EAT</b> Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269230
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	10 Package	<p><b>READY_TO_EAT</b> Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220
PANCAKE MINI CONFET 72-3.03Z EGGO	10 Each	<p><b>BAKE</b> Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating <b>CONVENTIONAL OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. <b>CONVECTION OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. <b>MICROWAVE:</b> 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	10 Ounce		642230
SYRUP PANCK DIET CUP 100-1Z SMUCK	70 Each		666785

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI WGRAIN .32Z 24-45CT	90 Each		669440
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	20 Each	<b>READY_TO_EAT</b> The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. <b>DO NOT RE-FREEZE!</b> Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
PANCAKE MINI MAPL IW 72-3.03Z EGGO	10 Package		284831

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

\*Aunt Jemima Pancakes: 3 pancakes = 1 Grain

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	197.86		
<b>Fat</b>	4.86g		
<b>SaturatedFat</b>	0.43g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.36mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	36.43g		
<b>Fiber</b>	2.79g		
<b>Sugar</b>	9.64g		
<b>Protein</b>	3.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.71mg	<b>Iron</b>	1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Twisted Blueberry Breadstick

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15737

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST 96-2.3Z	50 Each		480431

## Preparation Instructions

1. Spray with PAM before baking for softer crust.
2. Place Twisted Stix on parchment lined baking sheet(s)
3. Convection Oven: Preheat convection oven to 350 degrees F.
4. Bake 8-10 minutes or until product reaches an internal temperature of 165 degrees F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	180.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	7.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Biscuit and Sausage Gravy

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15738

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY SAUS PORK R/SOD 6-5# JTM	3 Quart 1/2 Cup (12 1/2 Cup)		149910
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	50 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME <b>STANDARD</b> REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

## Preparation Instructions

1. Wash hands and put on new gloves
2. Tray biscuit dough and bake at 325 for 23-27 minutes until golden brown
3. Bake or boil gravy until internal temp reaches 165
4. Make biscuit sandwiches and hold in steam table pan on serving line - surplus in additional well or hot holding unit
5. Hold gravy in half deep steam table pan on serving line - surplus in additional well or hot holding unit

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Pour gravy on sausage biscuit sandwich on the serving line.

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Serving Size: 1 biscuit and 1/4 cup sausage gravy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	297.50
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	7.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	12.50mg
<b>Sodium</b>	591.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	8.50g
<b>Vitamin A</b> 26.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 133.50mg	<b>Iron</b> 2.10mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage and Egg Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15741

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each		462519
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
SAUSAGE PTY CKD CN 1.5Z 10 JDF	50 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 3 1 2 - 4 minutes if frozen, 3 - 3 1 2 minutes if thawed.	466891

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	445.00
<b>Fat</b>	30.50g
<b>SaturatedFat</b>	14.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	105.00mg
<b>Sodium</b>	780.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 185.00mg	<b>Iron</b> 1.86mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Baked Potato

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15746

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKING FR 100 CT 50 LB CS	50 Each		15R72
SOUR CREAM PKT FF 100-1Z LOL	50 Each		853190
MARGARINE CUP SPRD WHPD 900-5GM GCHC	50 Each		772331

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	1.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	219.00
<b>Fat</b>	2.33g
<b>SaturatedFat</b>	0.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	61.67mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	6.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli and Cheese

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15747

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		732478
Cheese, Cheddar Reduced fat, Shredded	1 Pound 9 Ounce (25 Ounce)		100012
BUTTER SPREAD 6-5 SMRT BAL	6 Fluid Ounce	READY_TO_EAT Ready to use.	684300

## Preparation Instructions

1. Steam broccoli florets with Smart Balance Spread
2. Season appropriately and add shredded cheese
3. Steam until cheese is melted
4. Serve in 1/2 cup portion

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.700
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	149.63		
<b>Fat</b>	11.49g		
<b>SaturatedFat</b>	5.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	264.20mg		
<b>Carbohydrates</b>	5.20g		
<b>Fiber</b>	1.68g		
<b>Sugar</b>	1.40g		
<b>Protein</b>	8.82g		
<b>Vitamin A</b>	396.85IU	<b>Vitamin C</b>	56.82mg
<b>Calcium</b>	30.13mg	<b>Iron</b>	0.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Crispy Chicken Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15748

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z 4-7.7	100 Piece		533830
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	<b>STEAM PREPARATION</b> Ambient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
TOMATO ROMA DCD 3/8 2-5 RSS	1 Cup		786543
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	100018

## Preparation Instructions

1. Place frozen tenders in a single layer on a parchment lined baking sheet.
2. Heat for 7-10 minutes uncovered at 375 F NO STEAM, medium to low fan speed.
3. Fill tortilla shells with lettuce, diced tomatoes, 2 slices commodity cheese, and 2 chicken tenders; then wrap

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.007
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	510.10
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	7.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	65.00mg
<b>Sodium</b>	890.00mg
<b>Carbohydrates</b>	43.02g
<b>Fiber</b>	5.01g
<b>Sugar</b>	5.01g
<b>Protein</b>	30.01g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.06mg	<b>Iron</b> 3.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Noodles with Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15750

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	7 Pound		100101
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	4 Pound		229951
BASE CHIX 12-1 KE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		160790
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300
CELERY DCD 1/4 2-5 RSS	1 Cup		198196
ONION DCD 1/4 2-5 RSS	4 Ounce		198307
CARROT DCD 1" 1-5# SPECLTY	1/4 Cup		860420
MILK EVAP 24-12Z CARN	1 Cup		344084
Whole Grain Rich Cluster Pan Rolls	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

1. Place all ingredients in a large pan, cover with water, and cook on "Pasta" setting in Unox oven
2. Add 1 cup evaporated milk and chicken broth to desired consistency

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.240
<b>Grain</b>	2.157
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.025
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	312.07		
<b>Fat</b>	7.60g		
<b>SaturatedFat</b>	1.36g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	48.64mg		
<b>Sodium</b>	219.50mg		
<b>Carbohydrates</b>	40.21g		
<b>Fiber</b>	3.48g		
<b>Sugar</b>	4.27g		
<b>Protein</b>	20.89g		
<b>Vitamin A</b>	11.14IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	21.19mg	<b>Iron</b>	4.79mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Club Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15751

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Pound 2 Ounce (50 Ounce)		100187
MAYONNAISE LT PKT 200-12GM GCHC	25 Each		188741
BACON CKD 3-100CT FAST N EASY	1 Pound 9 Ounce (25 Ounce)		125141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		451730
TOMATO ROMA DCD 3/8 2-5 RSS	2 Quart 3/4 Cup (8 3/4 Cup)		786543
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
Turkey Breast Deli	3 Pound 2 Ounce (50 Ounce)		100121
5" Whole Grain Rich Hoagie Bun	50 bun		3737

## Preparation Instructions

1. Open Hoagie Bun
2. Place ham, turkey, bacon, cheese, tomato, and lettuce on bottom bun
3. Place top bun on top of sandwich

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.449
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.004
<b>RedVeg</b>	0.058
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	404.92		
<b>Fat</b>	18.65g		
<b>SaturatedFat</b>	7.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.36mg		
<b>Sodium</b>	1104.35mg		
<b>Carbohydrates</b>	33.14g		
<b>Fiber</b>	0.41g		
<b>Sugar</b>	5.29g		
<b>Protein</b>	28.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.13mg	<b>Iron</b>	0.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Chicken Bites

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15752
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	600 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 12.00 Each

Amount Per Serving			
<b>Calories</b>	570.00		
<b>Fat</b>	27.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	105.00mg		
<b>Sodium</b>	750.00mg		
<b>Carbohydrates</b>	42.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	6.00g		
<b>Protein</b>	45.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Onion Rings

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15753

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN 6-5#TASTY BRAND	250 Each		234061

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Alfredo

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15754

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	6 Pound 4 Ounce (100 Ounce)		155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	6 Pound 4 Ounce (100 Ounce)		221482
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 Pound 4 Ounce (100 Ounce)	UNSPECIFIED Not currently available	570533

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.760
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

#### Amount Per Serving

<b>Calories</b>	377.21
<b>Fat</b>	10.45g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	56.34mg
<b>Sodium</b>	495.52mg
<b>Carbohydrates</b>	46.04g
<b>Fiber</b>	4.00g
<b>Sugar</b>	6.28g
<b>Protein</b>	25.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 217.65mg	<b>Iron</b> 2.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Potato Wedges

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.87 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15755

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WEDGE SEAS 6-5 LAMB	9 Pound 6 Ounce (150 Ounce)		457558

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.520

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.87 Ounce

Amount Per Serving			
<b>Calories</b>	130.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	18.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## Nutrition - Per 100g

<b>Calories</b>	159.78		
<b>Fat</b>	7.37g		
<b>SaturatedFat</b>	1.84g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	331.85mg		
<b>Carbohydrates</b>	22.12g		
<b>Fiber</b>	2.46g		
<b>Sugar</b>	1.23g		
<b>Protein</b>	2.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	24.58mg	<b>Iron</b>	0.88mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Red Bell Peppers

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.75 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15756

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED 5 P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		597082

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.75 Ounce

Amount Per Serving	
<b>Calories</b>	19.00
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.40mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	0.80g
<b>Sugar</b>	3.00g
<b>Protein</b>	0.60g
<b>Vitamin A</b> 1999.88IU	<b>Vitamin C</b> 116.28mg
<b>Calcium</b> 6.12mg	<b>Iron</b> 0.31mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	38.30
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.82mg
<b>Carbohydrates</b>	10.08g
<b>Fiber</b>	1.61g
<b>Sugar</b>	6.05g
<b>Protein</b>	1.21g
<b>Vitamin A</b> 4031.07IU	<b>Vitamin C</b> 234.38mg
<b>Calcium</b> 12.34mg	<b>Iron</b> 0.62mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Sliced Cucumbers

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15757

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1 Gallon 2 Quart 1 Cup (25 Cup)		418439

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.50 Ounce

Amount Per Serving			
<b>Calories</b>	7.80		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.00mg		
<b>Carbohydrates</b>	2.00g		
<b>Fiber</b>	0.30g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	54.60IU	<b>Vitamin C</b>	1.46mg
<b>Calcium</b>	8.32mg	<b>Iron</b>	0.15mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	11.01		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1.41mg		
<b>Carbohydrates</b>	2.82g		
<b>Fiber</b>	0.42g		
<b>Sugar</b>	1.41g		
<b>Protein</b>	0.42g		
<b>Vitamin A</b>	77.04IU	<b>Vitamin C</b>	2.06mg
<b>Calcium</b>	11.74mg	<b>Iron</b>	0.21mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Corn Dog - HS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15758

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z GCHC	100 Each		620220

## Preparation Instructions

Day Before Service Prep

1. Remove forecasted amount of corn dogs from freezer
2. Arrange in single layer on full sheet trays
3. Thaw in refrigerator overnight on covered rack

Day of Service Prep

1. Bake at 350F for 24-27 minutes

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

#### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	18.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.00mg
<b>Sodium</b>	940.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 200.00mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Augratin Potatoes

<b>Servings:</b>	8.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15760

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% LOW FAT MILK - GALLON	1 Pint		1350
FLOUR A/P 50 ARDENT	1/4 Cup		585203
BUTTER SPREAD 6-5 SMRT BAL	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	READY_TO_EAT Ready to use.	684300
POTATO BAKING FR 100 CT 50 LB CS	3 Pound 2 Ounce (50 Ounce)		15R72
ONION DCD 1/4 2-5 RSS	1/2 Cup		198307
CHEESE CHED MLD SHRD 4-5 LOL	1 Cup		150250
POTATO SLCD 6-10 GCHC	1 Quart 1 Cup (5 Cup)		118486
SPICE PEPR BLK REG FINE GRIND 16Z	1/4 Teaspoon		225037

## Preparation Instructions

1. Preheat oven to 350F
2. In a large saucepan, melt butter over low heat
3. Stir in flour, salt, and pepper until smooth
4. Gradually add milk
5. Bring to a boil
6. Cook and stir two minutes or until thickend
7. Remove from heat
8. Stir in cheese until melted
9. Add potatoes and onions
10. Transfer to greased 2 quart baking dish
11. Cover dish and bake until internal temp reaches 135F



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.030
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	337.66
<b>Fat</b>	9.30g
<b>SaturatedFat</b>	4.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.75mg
<b>Sodium</b>	263.56mg
<b>Carbohydrates</b>	52.17g
<b>Fiber</b>	1.99g
<b>Sugar</b>	3.25g
<b>Protein</b>	9.95g
<b>Vitamin A</b> 2.53IU	<b>Vitamin C</b> 0.50mg
<b>Calcium</b> 149.20mg	<b>Iron</b> 0.66mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pasta with Meat Marinara

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15761

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	6 Pound 4 Ounce (100 Ounce)		229951
SPICE BASIL GRND 12Z TRDE	1 Fluid Ounce 3/10 Tablespoon (2 3/10 Tablespoon)		513636
SPICE THYME LEAF 6Z TRDE	1 Fluid Ounce 3/10 Tablespoon (2 3/10 Tablespoon)		513814
SPICE OREGANO WHL 24Z TRDE	1 Fluid Ounce 3/10 Tablespoon (2 3/10 Tablespoon)		518351
SPICE PARSLEY FLAKES 11Z TRDE	1 Fluid Ounce 3/10 Tablespoon (2 3/10 Tablespoon)		513989
ONION DCD 1/4 2-5 RSS	3/4 Cup		198307
GARLIC MINCED IN WTR 12-32Z	1 Fluid Ounce 3/10 Tablespoon (2 3/10 Tablespoon)		907713
SAUCE MARINARA A/P 6-10 REDPK	10 Pound 12 Ounce (172 Ounce)	READY_TO_EAT None	592714
SAUCE SPAGHETTI 6-10 P/L	1 Gallon 1 Quart 1 3/5 Cup (21 3/5 Cup)	READY_TO_EAT None	744520
85/15 Ground Beef, Frozen	4 Pound		100158

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.955
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	6.240
<b>OtherVeg</b>	0.007
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

### Amount Per Serving

<b>Calories</b>	666.01
<b>Fat</b>	17.92g
<b>SaturatedFat</b>	1.91g
<b>Trans Fat</b>	0.96g
<b>Cholesterol</b>	24.84mg
<b>Sodium</b>	2828.11mg
<b>Carbohydrates</b>	106.91g
<b>Fiber</b>	19.50g
<b>Sugar</b>	44.43g
<b>Protein</b>	29.20g
<b>Vitamin A</b> 0.04IU	<b>Vitamin C</b> 0.13mg
<b>Calcium</b> 180.29mg	<b>Iron</b> 10.03mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets and Gravy w Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15762

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	300 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen.	558040
Whole Grain Rich Cluster Pan Rolls	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.400
<b>Grain</b>	2.080
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	358.18		
<b>Fat</b>	17.68g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	24.00mg		
<b>Sodium</b>	682.42mg		
<b>Carbohydrates</b>	32.36g		
<b>Fiber</b>	4.48g		
<b>Sugar</b>	2.95g		
<b>Protein</b>	18.23g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.31mg	<b>Iron</b>	5.91mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hamburger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15763

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	50 Each		785850
4" Wg Rich Hamburger Bun	50 bun		3474
LETTUCE ROMAINE 24CT MRKN	1 Ounce		305812
TOMATO SLCD 1/4 5 RSS	1/4 Cup		786535

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.010
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	288.36
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.60g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	39.00mg
<b>Sodium</b>	499.05mg
<b>Carbohydrates</b>	27.08g
<b>Fiber</b>	3.03g
<b>Sugar</b>	3.05g
<b>Protein</b>	19.03g
<b>Vitamin A</b> 7.50IU	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 39.41mg	<b>Iron</b> 10.01mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Xtra Rich Mashed Potatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15764

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS GLDN X-RICH 6-3.7 BAMER	7/10 Ounce	RECONSTITUTE 1: Pour 2 gallons boiling water (212°F) in mixing bowl. 2: HAND MIX: Add all potatoes while stirring. Let stand for 1 minute, stir well and serve. [Alternate] MACHINE MIX: Using whip attachment, mix on low and slowly add all potatoes. Whip on high until fluffy for 2 minutes, hold until ready to serve.	559911
BUTTER SPREAD 6-5 SMRT BAL	0 Tablespoon	READY_TO_EAT Ready to use.	684300
Cold Water	2 Gallon		0000

## Preparation Instructions

STEP 1) POUR 2 GALLONS BOILING WATER INTO A MIXING BOWL.

STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK.

STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE.

4) RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.

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Season with Smart Balance (1 cup per 6" deep half size steam table pan) and pepper (to taste).

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Serving Size = 1/2 cup portions



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	69.50		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	340.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.73mg	<b>Iron</b>	0.23mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Nacho Supreme

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15765

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	9 Pound		100158
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
CHIP TORTL RND YEL 5-1.5 KE	9 Pound 6 Ounce (150 Ounce)		163020
SEASONING TACO MIX 2-5 GRSZ	1/4 Cup		427446
MILK WHT FF 9-.5GAL RGNLBRND	1 Quart		205117

## Preparation Instructions

1. Brown ground beef. Drain. Continue immediately.
2. Add seasoning. Mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
4. To maintain best consistency, serve immediately or hold hot.
5. Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) taco shell pieces.
6. Garnish with shredded cheese

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.149
<b>Grain</b>	3.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	625.04
<b>Fat</b>	32.40g
<b>SaturatedFat</b>	9.80g
<b>Trans Fat</b>	2.15g
<b>Cholesterol</b>	76.28mg
<b>Sodium</b>	540.34mg
<b>Carbohydrates</b>	62.36g
<b>Fiber</b>	6.00g
<b>Sugar</b>	0.96g
<b>Protein</b>	28.68g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 123.32mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Enchiladas

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15766

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	2 Pound 8 Ounce (40 Ounce)	UNPREPARED	100158
SAUCE ENCHILADA MILD 4-1GAL GRSZ	1 Cup		598461
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
CHEESE MOZZ SHRD 4-5 LOL	1/2 Ounce		645170
TORTILLA FLOUR LO SOD 9 16-12CT	16 Each		523610

## Preparation Instructions

1. Spread 1 cup enchilada sauce on bottom of pan
2. Place 2 oz meat and 1 ounce cheese in each shell. Fold like tacos - DO NOT ROLL
3. Place 16 tacos in shallow steam table pan
4. Pour 1 cup enchilada sauce over enchilada
5. Sprinkle with cheese mixture
6. Bake at 350 F for 7 minutes

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	329.55
<b>Fat</b>	16.16g
<b>SaturatedFat</b>	7.03g
<b>Trans Fat</b>	1.87g
<b>Cholesterol</b>	1.41mg
<b>Sodium</b>	209.89mg
<b>Carbohydrates</b>	30.13g
<b>Fiber</b>	4.00g
<b>Sugar</b>	2.06g
<b>Protein</b>	18.47g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 57.63mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Cilantro Lime Rice

<b>Servings:</b>	6.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15767

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX 25 GCHC	1 1/2 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
GARLIC MINCED IN WTR 12-32Z	1 Tablespoon		907713
LIME FRSH 2-12CT P/L	1 Each		166660
CILANTRO CLEANED 4-1 RSS	1 Cup		219550
Tap Water for Recipes	1 Pint 1/2 Cup (2 1/2 Cup)	UNPREPARED	000001WTR

## Preparation Instructions

- 1 Brown the rice:** Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown.  
Add the garlic and cook a minute more.
- 2 Add water, salt, zest, then simmer:** Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer.  
Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes.  
Fluff the rice with a fork.
- 3 Stir in lime juice and cilantro:** Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.167
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 4.00 Ounce

### Amount Per Serving

<b>Calories</b>	175.68		
<b>Fat</b>	0.02g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.48mg		
<b>Carbohydrates</b>	38.67g		
<b>Fiber</b>	0.35g		
<b>Sugar</b>	0.17g		
<b>Protein</b>	4.18g		
<b>Vitamin A</b>	5.73IU	<b>Vitamin C</b>	3.74mg
<b>Calcium</b>	14.52mg	<b>Iron</b>	1.53mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	154.93		
<b>Fat</b>	0.01g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.43mg		
<b>Carbohydrates</b>	34.10g		
<b>Fiber</b>	0.31g		
<b>Sugar</b>	0.15g		
<b>Protein</b>	3.69g		
<b>Vitamin A</b>	5.05IU	<b>Vitamin C</b>	3.30mg
<b>Calcium</b>	12.80mg	<b>Iron</b>	1.35mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Black Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15768

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 FURMANO	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_EAT Ingredient	653560

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	130.00
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	276.30mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	6.00g
<b>Sugar</b>	1.00g
<b>Protein</b>	6.20g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.34mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## Nutrition - Per 100g

<b>Calories</b>	114.64		
<b>Fat</b>	0.35g		
<b>SaturatedFat</b>	0.09g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	243.65mg		
<b>Carbohydrates</b>	20.28g		
<b>Fiber</b>	5.29g		
<b>Sugar</b>	0.88g		
<b>Protein</b>	5.47g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	32.93mg	<b>Iron</b>	1.76mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Maple Sweet Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.85 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15770

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT W/MAPL SEAS CHNK 6-2.5	12 Pound 8 Ounce (200 Ounce)	<b>BAKE</b> Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. <b>CONVECTION OVEN:</b> Preheat oven to 350F. Spray baking pan with non-stick cooking spray. Arrange 40oz frozen potatoes in a single layer on baking pan. Add 2 Tbsp butter (optional). Bake 15 minutes, stirring halfway through cook time to distribute seasoning. <b>COMBI OVEN:</b> Set hot air to 375F, steam to 75% and fan to 100%. Spray foil-covered sheet pan with non-stick cooking spray. Arrange sweet potatoes in a single layer on sheet pan. Bake on middle rack for 10 minutes, rotating tray after 5 minutes for even cooking. <b>STANDARD OVEN:</b> Preheat oven to 450F. Spray half-size hotel pan with non-stick spray. Arrange 40 oz. frozen potatoes in pan. Add 2 Tbsp butter. Do not cover. Bake 30 minutes, stirring after 15 minutes for even heating. <b>MICROWAVE:</b> (1100W) Arrange 1 2 bag (20 oz.) of frozen potatoes in microwave-safe dish. Add 1 Tbsp butter. Cover. Microwave on HIGH for 7 minutes, stirring halfway through cook time.	163750

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.520
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.85 Ounce

### Amount Per Serving

<b>Calories</b>	720.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	960.00mg
<b>Carbohydrates</b>	136.00g
<b>Fiber</b>	16.00g
<b>Sugar</b>	88.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 240.00mg	<b>Iron</b> 3.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	659.67
<b>Fat</b>	18.32g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	879.56mg
<b>Carbohydrates</b>	124.60g
<b>Fiber</b>	14.66g
<b>Sugar</b>	80.63g
<b>Protein</b>	7.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 219.89mg	<b>Iron</b> 2.93mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Buffalo Chicken Pizza

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15771

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHIX BUFF 16 3-3CT BIG DADDY	50 Slice	<b>BAKE</b> COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F low fan for 14-17 minutes IMPINGEMENT OVEN: 420°F for 6-7 minutes. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	627101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	264.00
<b>Fat</b>	12.80g
<b>SaturatedFat</b>	4.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	506.80mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	13.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 216.20mg	<b>Iron</b> 1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breaded Chicken Drumsticks w Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15773

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
Whole Grain Rich Clustered Pan Rolls	50 roll	<b>BAKE</b> Toast to desired color	3920

## Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown
3. Serve 2 drumsticks and 1 ounce roll together

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	480.00
<b>Fat</b>	26.50g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	1127.50mg
<b>Carbohydrates</b>	19.50g
<b>Fiber</b>	2.50g
<b>Sugar</b>	1.00g
<b>Protein</b>	39.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 4.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Cheeseburger

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15775

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	50 Each		785850
4" Wg Rich Hamburger Bun	50 bun		3474
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	100036
LETTUCE ROMAINE 24CT MRKN	1 Ounce		305812
TOMATO SLCD 1/4 5 RSS	1/4 Cup		786535
BACON CKD 3-100CT FAST N EASY	1 Pound 9 Ounce (25 Ounce)		125141

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.010
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	438.36
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	8.60g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	74.00mg
<b>Sodium</b>	1029.05mg
<b>Carbohydrates</b>	29.08g
<b>Fiber</b>	3.03g
<b>Sugar</b>	4.05g
<b>Protein</b>	30.03g
<b>Vitamin A</b> 7.50IU	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 39.41mg	<b>Iron</b> 10.01mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# General Tso Chicken Rice Bowl

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15776

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	6 Gallon 1 Quart (100 Cup)		676463
SAUCE GEN TSO 4-.5GAL ASIAN	1 Cup		802850
CHIX BRST CHNK GLDNCRSP WGRAIN 4-7.5	250 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301

## Preparation Instructions

Chicken:

1. Prepare from frozen state.
2. Place a single layer of chicken on baking sheet.
3. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F.
4. Heat sauce in steamer, low boil in the bag or microwave.
5. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.
6. Serve in 1/2 cup portions

Fried Rice:

1. Pre-heat convection oven to 350 degrees F.
2. Spray full size steam table pan with vegetable spray.
3. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil.
4. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above.
5. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.
6. Serve in 3/4 cup portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.678
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	302.73
<b>Fat</b>	9.60g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	541.05mg
<b>Carbohydrates</b>	33.37g
<b>Fiber</b>	3.86g
<b>Sugar</b>	3.26g
<b>Protein</b>	19.53g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 14.64mg	<b>Iron</b> 1.49mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15778

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	6 Pound 4 Ounce (100 Ounce)		100121
5" Whole Grain Rich Hoagie Bun	50 bun		3737
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	100018

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.260
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	340.44		
<b>Fat</b>	13.02g		
<b>SaturatedFat</b>	6.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.22mg		
<b>Sodium</b>	868.36mg		
<b>Carbohydrates</b>	31.26g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.00g		
<b>Protein</b>	22.32g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Club Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15780

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT PKT 200-12GM GCHC	25 Each	BAKE	188741
BACON CKD 3-100CT FAST N EASY	1 Pound 9 Ounce (25 Ounce)		125141
LETTUCE ROMAINE RIBBONS 6-2 RSS	1 Gallon 1 1/2 Cup (17 1/2 Cup)		451730
TOMATO ROMA DCD 3/8 2-5 RSS	2 Quart 3/4 Cup (8 3/4 Cup)		786543
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
Turkey Breast Deli	6 Pound 4 Ounce (100 Ounce)		100121
TORTILLA WHLWHE 10 12-12CT LABAND	50 Each		456330

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.258
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.004
<b>RedVeg</b>	0.058
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	459.82		
<b>Fat</b>	22.77g		
<b>SaturatedFat</b>	9.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.22mg		
<b>Sodium</b>	1183.36mg		
<b>Carbohydrates</b>	38.13g		
<b>Fiber</b>	4.41g		
<b>Sugar</b>	1.47g		
<b>Protein</b>	29.73g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.13mg	<b>Iron</b>	50.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Slider Sandwiches

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-15781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Slammer Sliced	100 bun		3939
CHIX PTY HMSTYL 1.6Z 4-5 TYS	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080

## Preparation Instructions

1. Wash hands and put on clean gloves
2. Tray frozen chicken patties and bake at 375 for 6-8 minutes or until internal temperature reaches 165
3. Place 1 chicken patty between top and bottom bun

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Hot hold at 135 or above

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Serving Size: 2 chicken sliders

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	370.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	730.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 14.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Banana Spinach Smoothie

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-21019

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999
SPINACH BABY CLND 2-2 RSS	1/6 Cup	8 cups per pound	560545
YOGURT VAN L/F PARFPR 6-4 YOPL	1/2 Cup	READY_TO_EAT Ready to use with pouch & serving tip.	811500

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.080
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	205.80
<b>Fat</b>	1.15g
<b>SaturatedFat</b>	0.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	57.70mg
<b>Carbohydrates</b>	46.66g
<b>Fiber</b>	3.76g
<b>Sugar</b>	28.00g
<b>Protein</b>	4.96g
<b>Vitamin A</b> 575.52IU	<b>Vitamin C</b> 10.27mg
<b>Calcium</b> 110.70mg	<b>Iron</b> 1.37mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	90.74		
<b>Fat</b>	0.51g		
<b>SaturatedFat</b>	0.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.10mg		
<b>Sodium</b>	25.44mg		
<b>Carbohydrates</b>	20.57g		
<b>Fiber</b>	1.66g		
<b>Sugar</b>	12.35g		
<b>Protein</b>	2.19g		
<b>Vitamin A</b>	253.76IU	<b>Vitamin C</b>	4.53mg
<b>Calcium</b>	48.81mg	<b>Iron</b>	0.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Iced Vanilla Latte

<b>Servings:</b>	1.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	5.50 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-21140

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP VAN SGR FR PLAS 4-1LTR	3/4 Fluid Ounce	MIX pour and mix READY_TO_DRINK pour and mix	853910
CONC COFFEE ICED PLAS 4-1LTR MONIN	3/4 Fluid Ounce	MIX pour and mix	683631
MILK WHT FF 4-1GAL RGNLBRND	1/2 Cup		557862

## Preparation Instructions

1. Mix all ingredients
2. Fill 9oz clear cups with ice
3. Pour mixture over ice
4. Cover cup with lid

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.50 Ounce

Amount Per Serving	
<b>Calories</b>	101.65
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	58.95mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.25g
<b>Protein</b>	4.15g
<b>Vitamin A</b> 249.90IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 149.45mg	<b>Iron</b> 0.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	65.19		
<b>Fat</b>	0.06g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.60mg		
<b>Sodium</b>	37.81mg		
<b>Carbohydrates</b>	15.39g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.14g		
<b>Protein</b>	2.66g		
<b>Vitamin A</b>	160.27IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	95.85mg	<b>Iron</b>	0.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Broccoli Cheddar Soup

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22359

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Gallon 2 Quart 1 Cup (25 Cup)		110473
Cheese, Cheddar Reduced fat, Shredded	6 Pound 4 Ounce (100 Ounce)		100012
BUTTER SPREAD 6-5 SMRT BAL	2 Fluid Ounce	READY_TO_EAT Ready to use.	684300
ONION DCD IQF 6-4 GCHC	1 Pint 1 Cup (3 Cup)		261521
GARLIC CHPD IN OIL 6-32Z TULK	1 Tablespoon		195776
FLOUR A/P 25# WINGOLD	1 Pint		357250
1% LOW FAT MILK - GALLON	1 Gallon		1350
BROTH CHIX NO MSG 12-5 HRTHTSTN	1 Pint	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564

## Preparation Instructions

1. Melt butter substitute in stock pot and sautee chopped onions. Cook onions until translucent. Add garlic and let cook until fragrant. Add flour and continuously whisk until a roux (thick liquid) is formed.
2. Add chicken broth and milk to roux. Mix until combined.
3. Add thyme, nutmeg, and pepper. Bring to a boil.
4. Add broccoli and simmer until soft.
5. Optional: blend with immersion blender or counter top blender.

6. Add cheddar cheese and stir until melted and smooth.
7. Serve with 2 dinner rolls

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.500
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.089
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	245.30		
<b>Fat</b>	13.71g		
<b>SaturatedFat</b>	8.76g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.80mg		
<b>Sodium</b>	491.25mg		
<b>Carbohydrates</b>	14.68g		
<b>Fiber</b>	3.22g		
<b>Sugar</b>	4.79g		
<b>Protein</b>	20.12g		
<b>Vitamin A</b>	3.20IU	<b>Vitamin C</b>	0.64mg
<b>Calcium</b>	12.10mg	<b>Iron</b>	0.31mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Fajita Chicken Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23099

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	1/8 Cup		293962
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610
CHIX STRP FAJT SEAS FC 8-4.99 TYS	1 1/2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160

## Preparation Instructions

1. Pan fajita chicken and bean to bake
2. Bake @ 350, stirring frequently, until internal temperature reaches 165 degrees
3. Remove chicken and bean mixture
4. Use 4oz scoop (Size 8) to portion filling into tortilla shells
5. Roll tortilla and filling into burrito
6. Serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.520
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.130
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	351.40
<b>Fat</b>	14.52g
<b>SaturatedFat</b>	8.13g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	649.80mg
<b>Carbohydrates</b>	37.98g
<b>Fiber</b>	5.56g
<b>Sugar</b>	2.26g
<b>Protein</b>	22.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.20mg	<b>Iron</b> 2.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Cowboy Caviar

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23277

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLACK 6-10 GRSZ	1 1/2 Cup		557714
TOMATO ROMA DCD 3/8 2-5 RSS	14 1/2 Ounce		786543
Corn, Whole Kernel, Frozen, No Salt added	1 1/2 Cup	<b>STEAM</b> Divide 30# case into 2 vented steam table pans and put into preheated steam unit. CCP:Heat through until internal temperature reaches 145° or higher Remove from steamer and put in non vented steam table pans and cover with plastic wrap. CCP: Hold for hot service at 140° or higher for no longer than 4 hours	100348
ONION RED DCD 1/4 2-5 RSS	4 Ounce		429201
DRESSING ITAL FF 4-1GAL PMLL	1 Tablespoon		181262
SPICE CILANTRO 4Z TRDE	1 Tablespoon		565903
SPICE CHILI POWDER MILD 8OZ TRDE	4 0.25 tsp		195164
LEMON JUICE PKT 200-4GM GCHC	1 Each		213371

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.483
<b>OtherVeg</b>	0.024
<b>Legumes</b>	0.150
<b>Starch</b>	0.150

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	71.10		
<b>Fat</b>	0.30g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	171.30mg		
<b>Carbohydrates</b>	14.50g		
<b>Fiber</b>	2.88g		
<b>Sugar</b>	2.67g		
<b>Protein</b>	3.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.30mg	<b>Iron</b>	1.07mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# 2oz WG Cereal Bowl

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23746

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 container		105931
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Container		105850
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1		105357

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	212.00
<b>Fat</b>	3.30g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	292.00mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	14.60g
<b>Protein</b>	3.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.00mg	<b>Iron</b> 5.26mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Egg and Cheese Breakfast Biscuit Elem

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23805

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each		462519
Cheese, Processed, Sliced Yellow	1 Pound 9 Ounce (25 Ounce)		100018
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Pound 9 Ounce (25 Ounce)		100187
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	50 Each		126962

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.660
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	285.16
<b>Fat</b>	14.82g
<b>SaturatedFat</b>	7.91g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	94.88mg
<b>Sodium</b>	640.08mg
<b>Carbohydrates</b>	27.82g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.91g
<b>Protein</b>	11.55g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.00mg	<b>Iron</b> 1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Roll w Eggs

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23807

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	3 Quart 1 Pint 1 Cup (15 Cup)		108693
FLAVORING VANILLA IMIT 1- QT KE	2 Ounce		110736
DOUGH ROLL CINN LRG 120- 2.25Z RICH	120 Each	<p><b>BAKE</b></p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
EGG SCRMBD CKD BTR 12- 1.85 TBLRDY	1 Gallon 3 Quart 1 Pint (30 Cup)		481492

## Preparation Instructions

Day Before Service Prep:

1. Spray full sheet trays with pan spray.
2. Place frozen cinnamon rolls 2 inches apart on tray
3. Place trays on rack. Cover rack and place in cooler overnight.

Day of Service Prep:

1. Remove cinnamon rolls from cooler.
2. Place in proofer (95 F-110 F) at 85% humidity and proof until doubled in size.
3. BAKE in oven at 325 degrees until golden brown
4. While rolls bake, make glaze. See Below.
5. Remove rolls from oven and glaze.

Glaze Recipe (approx. 120 rolls)

1. Place powdered sugar in large bowl.
2. Add vanilla extract to hot water.
3. Slowly pour hot water and vanilla mixture into the powdered sugar while stirring with a wire whisk. Desired consistency: thick but fluid.
4. Drizzle over cinnamon rolls.

Serve 1 cinnamon roll

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	320.02		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	160.00mg		
<b>Sodium</b>	420.10mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	22.50g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	2.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Sausage and Cheese Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23810

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	50 Slice		189071
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

1. Lay biscuit dough on baking tray
2. Tray/pan sausage patties and cook to 375 degrees
3. Place sausage patty on bottom of biscuit
4. Place 1 slice of cheese on top of sausage patty
5. Place top of biscuit on top of cheese
6. Serve immediately or hold at 135 degrees between serving times

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	328.70
<b>Fat</b>	19.40g
<b>SaturatedFat</b>	9.45g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	35.50mg
<b>Sodium</b>	658.20mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	3.00g
<b>Protein</b>	13.40g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 142.08mg	<b>Iron</b> 1.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Egg and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23812

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each		462519
Cheese, Processed, Sliced Yellow	1 Pound 9 Ounce (25 Ounce)	2 slices = 1 oz	100018
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	50 Each		126962

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	270.00		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	87.50mg		
<b>Sodium</b>	545.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.50g		
<b>Protein</b>	9.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	55.00mg	<b>Iron</b>	1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# French Toast Slice w/ SF Syrup & Sausage Link

<b>Servings:</b>	10.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23813
<b>School:</b>	CORYDON CENTRAL HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK DIET CUP 100-1Z SMUCK	10 Each		666785
FRENCH TST STIX WGRAIN 130-2.65Z	30 Each	1 slice = 3 "each"	548732
SAUSAGE LNK SMOKEY CKD 16/ 4-3 GFS	10 Each		720038

## Preparation Instructions

1. Wash hands and put on new gloves
2. Tray frozen french toast and bake at 325 for 7-9 minutes
3. Hot hold at 135 or above

-----

Serving Size = 1 slice (3 sticks) of toast, 1 sausage link, and 1 syrup cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	265.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	145.00mg
<b>Sodium</b>	650.00mg
<b>Carbohydrates</b>	29.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.50g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.56mg	<b>Iron</b> 1.91mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pancake Wrap with SF Syrup

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23814

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785
PANCK WRAP TKY WGRAIN MINI 2-5	75 Each		696180
PANCK WRAP MAPL WGRAIN STIX 56-2.85Z	25 Each		497202

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	405.00mg
<b>Carbohydrates</b>	20.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	6.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 1.35mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chili w Goldfish Crackers

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23842

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	Brown and Drain	100158
JUICE TOMATO 100 12-46FLZ SACRM	1 Gallon 1 Quart 1 Pint 7 1 Fluid Ounce (184 Fluid Ounce)	READY_TO_EAT None	302414
TOMATO DCD PETITE 6-10 GCHC	1 Gallon 1 Quart 1 Pint 1 3/5 Cup (23 3/5 Cup)		498871
BEAN CHILI HOT 6-10 BROOKS	1 Gallon 1 Quart 1 Pint 1 3/5 Cup (23 3/5 Cup)		785024
SPICE CHILI POWDER MILD 16Z TRDE	4 Fluid Ounce		331473
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 Pound 2 Ounce (50 Ounce)		229941
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package		112702

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.666
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.466
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	318.29		
<b>Fat</b>	11.17g		
<b>SaturatedFat</b>	2.89g		
<b>Trans Fat</b>	1.20g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	547.15mg		
<b>Carbohydrates</b>	38.39g		
<b>Fiber</b>	7.19g		
<b>Sugar</b>	3.80g		
<b>Protein</b>	15.64g		
<b>Vitamin A</b>	141.60IU	<b>Vitamin C</b>	1.13mg
<b>Calcium</b>	23.64mg	<b>Iron</b>	2.58mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	187.12		
<b>Fat</b>	6.57g		
<b>SaturatedFat</b>	1.70g		
<b>Trans Fat</b>	0.70g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	321.67mg		
<b>Carbohydrates</b>	22.57g		
<b>Fiber</b>	4.23g		
<b>Sugar</b>	2.23g		
<b>Protein</b>	9.20g		
<b>Vitamin A</b>	83.25IU	<b>Vitamin C</b>	0.67mg
<b>Calcium</b>	13.90mg	<b>Iron</b>	1.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Chicken Tenders w Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23843

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC 4-8 TYS	100 Piece	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
Whole Grain Rich Clustered Pan Rolls	100 roll	<b>BAKE</b> Toast to desired color	3920
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	100 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281731
CHIX BRST STRP BRD WGRAIN 6-5.15	100 Each	<b>BAKE</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. <b>CONVECTION</b> <b>PREPARATION:</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820

## Preparation Instructions

Bake @ 375 degrees for 6-8 minutes from frozen

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.998
<b>Grain</b>	1.247
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Piece

### Amount Per Serving

<b>Calories</b>	308.33
<b>Fat</b>	15.00g
<b>SaturatedFat</b>	2.42g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	36.67mg
<b>Sodium</b>	482.50mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	1.67g
<b>Protein</b>	19.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.00mg	<b>Iron</b> 3.83mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Ground Beef and Macaroni (with Mexican Seasoning) w Roll

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23844

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	6 Gallon		0000
SALT IODIZED 18-2.25 GCHC	4 Ounce		350732
PASTA ELBOW MACAR 51 WGRAIN 2-10	5 1/4 Pound		229941
Beef, Fine Ground 85/15, Frozen	17 Pound		100158
ONION DCD IQF 6-4 GCHC	1 1/6 Quart		261521
TOMATO PASTE 26 6-10 GCHC	1 9/16 Quart		100196
TOMATO DCD PETITE 6-10 GCHC	3 1/8 Quart		498871
SPICE PEPR BLK REG FINE GRIND 16Z	1 Tablespoon		225037
SPICE GARLIC GRANULATED 24Z TRDE	1 Fluid Ounce		513881
SPICE CHILI POWDER 38Z MEXENE	1 Ounce		847171
SPICE CUMIN GRND 15Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
Cheese, Cheddar Reduced fat, Shredded	1 3/4 Pound		100012
Whole Grain Rich Small Breadstick	100 breadstick	BAKE Toast to desired color	3699
BASE BEEF 12-1 KE	2 Fluid Ounce		160810
Whole Grain Rich Cluster Pan Rolls	6 Pound 4 Ounce (100 Ounce)	READY_TO_EAT	3920

# Preparation Instructions

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## Directions:

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.

Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.

Pour into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.

CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (¾ cup) per serving.

## Notes:

1: Comments:

2: \*See Marketing Guide.

3: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and

4: Seasoning Mixes) may be used to

5: replace these ingredients. For

6: 50 servings, use ¼ cup 1 ½ tsp

7: Mexican Seasoning Mix. For 100

8: servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

9: Variation:

10: A. Ground Beef and Macaro

11: ni (With Italian Seasoning)

12: 50 servings: Follow steps 1-3. In st

13: ep 4, omit season

14: ings (chili powder,

15: ground cumin, paprika, and onion

16: powder). Use ½ cup 2 Tbsp Italian

17: Seasoning Mix (see G-01, Sa

18: uces, Gravies, and Season

19: ing Mixes) or 3 Tbsp 2

20: tsp dried basil, 3 Tbsp 2 tsp dried oreg

21: ano, 2 Tbsp 2 tsp

22: dried marjoram, and

23: 1 ½ tsp dried thyme. Co

24: ntinue with steps 5-7.

25: 100 servings: Follow steps

26: 1-3. In step 4, omit se

27: asonings (chili powder,

28: ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning

29: Mix (see G-01, Sauces, Gr

30: avies, and Seasoning Mixes)

31: or ¼ cup 3 Tbsp dried

32: basil, ¼ cup 3 Tbsp dried oregano, ¼

33: cup 1 Tbsp dried marjoram, and 1 Tbsp

34: dried thyme. Contin

35: ue with steps 5-7.

36: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.310
<b>Grain</b>	2.717
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.374
<b>OtherVeg</b>	0.069
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

### Amount Per Serving

<b>Calories</b>	433.18		
<b>Fat</b>	15.66g		
<b>SaturatedFat</b>	5.18g		
<b>Trans Fat</b>	2.03g		
<b>Cholesterol</b>	58.38mg		
<b>Sodium</b>	3185.32mg		
<b>Carbohydrates</b>	49.84g		
<b>Fiber</b>	3.38g		
<b>Sugar</b>	6.09g		
<b>Protein</b>	25.49g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.03mg
<b>Calcium</b>	7.71mg	<b>Iron</b>	4.49mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	254.67		
<b>Fat</b>	9.20g		
<b>SaturatedFat</b>	3.05g		
<b>Trans Fat</b>	1.19g		
<b>Cholesterol</b>	34.32mg		
<b>Sodium</b>	1872.65mg		
<b>Carbohydrates</b>	29.30g		
<b>Fiber</b>	1.98g		
<b>Sugar</b>	3.58g		
<b>Protein</b>	14.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.02mg
<b>Calcium</b>	4.53mg	<b>Iron</b>	2.64mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Breaded Mozzarella Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23845

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	600 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! <b>CONVECTION OVEN:</b> 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	11.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	560.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 578.00IU	<b>Vitamin C</b> 0.93mg
<b>Calcium</b> 516.00mg	<b>Iron</b> 1.77mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Wow Butter and Jelly Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23846

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRESERVE STRAWB 6-4 GCHC	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		531850
JELLY APPLE-GRAPE 6-10 GCHC	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		100927
SOY BUTTER NUT FREE 2-4.41 WOWBTR	3 Quart 3 Fluid Ounce 1 15/16 Tablespoon (200 Tablespoon)		544231
24 oz. Whole Grain Rich Sandwich Bread	200 Slice		1292

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	390.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	265.00mg
<b>Carbohydrates</b>	45.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.50g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.00mg	<b>Iron</b> 9.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Alfredo w Goldfish Crackers

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23847

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ 6-5 JTM	8 Pound 9 1/4 Ounce (137 1/4 Ounce)		155661
PASTA PENNE RIGATE 51 WGRAIN 2-10	4 Pound 11 Ounce (75 Ounce)		221482
CRACKER GLDFSH CHED WGRAIN 300-.75Z	76 Package		736280
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	4 Pound 11 Ounce (75 Ounce)	UNSPECIFIED Not currently available	570533

## Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.833
<b>Grain</b>	2.013
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	331.67
<b>Fat</b>	11.31g
<b>SaturatedFat</b>	4.21g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	36.33mg
<b>Sodium</b>	592.47mg
<b>Carbohydrates</b>	39.02g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	17.23g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 215.27mg	<b>Iron</b> 1.91mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Beef and Cheese Burrito

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23849

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	4 Pound 3 Ounce (67 Ounce)		100158
TORTILLA WHLWHE 8 12-12CT LABAND	50 Each		202986
CHEESE AMER SHRD R/F 4-5 LOL	3 Quart 1/2 Cup (12 1/2 Cup)		861950

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	282.00
<b>Fat</b>	14.50g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	41.00mg
<b>Sodium</b>	695.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 249.00mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Drumstick w Roll

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23850

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	50 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
Whole Grain Rich Cluster Pan Rolls	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown
3. Serve in 30z (20 piece) portions

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	290.18
<b>Fat</b>	13.88g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	648.42mg
<b>Carbohydrates</b>	19.16g
<b>Fiber</b>	1.88g
<b>Sugar</b>	1.75g
<b>Protein</b>	21.63g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 17.51mg	<b>Iron</b> 4.51mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Meatloaf Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23877

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD CN NA 80-3Z ADV	50 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 350 degrees f. Heat for 16-17 minutes. Convection oven: frozen product: preheat oven to 350 degrees f. Heat for 5-6minutes.	472118
VINEGAR WHT DISTILLED 5 4-1GAL GCHC	1 Cup 4 Fluid Ounce 1 Tablespoon (25 Tablespoon)		629640
SUGAR BROWN LT 12-2 P/L	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		100129
4" Wg Rich Hamburger Bun	50 bun	<b>BAKE</b> Toast if desired	3474

## Preparation Instructions

Fully cooked meatloaf slice

1. Arrange in single layer on baking tray
  2. Convection Oven: Frozen product: preheat oven to 350 degrees f. Heat for 5-6minutes
  3. Combine ketchup, vinegar, and brown sugar. Cook until brown sugar is dissolved.
- Serve one slice of meatloaf with 1oz glaze and mac and cheese



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	427.65		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	880.00mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	9.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Macaroni and Cheese w Goldfish

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23878

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	6 Gallon		0000
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 Pound 4 Ounce (100 Ounce)		229941
1% LOW FAT MILK - GALLON	3 Quart 1/2 Cup (12 1/2 Cup)		1350
CHEESE CHED MLD SHRD 4-5 LOL	3 Gallon 1 Pint (50 Cup)		150250
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300
CRACKER GLDFSH CHED WGRAIN 300-.75Z	100 Package		736280

## Preparation Instructions

### Directions

#### To Prepare in Advance

1. Bring water to a boil in 22 quart stock pot.
2. Pour dry macaroni into boiling water and cook for 8 minutes.
3. Remove macaroni from boiling water and shock in ice water immediately. After 1 minute, drain the pasta. Critical Control Point (CCP): Hold macaroni at 41°F or lower.

#### To Prepare Cheese Sauce

1. On low heat, melt butter in 12 quart stock pot.
2. Slowly add flour to melted butter to make a roux. Cook roux over medium heat for 10 minutes. Remove roux from pot, set aside.
3. Pour milk into empty roux pot. Bring milk to simmer over medium heat.
4. Add kosher salt, white pepper, and granulated onion to simmering milk. Gently stir to mix well.
5. Add roux slowly to simmering milk, continue to stir well. Continue to cook roux and milk sauce on low heat until sauce thickens and is smooth.
6. Add parmesan cheese, stir until well blended.
7. Add shredded cheddar cheese, one ½ cup at a time, stirring continuously until cheese melts and sauce is smooth.

8. Remove sauce from heat. Pour into one 12 inch by 20 inch by 2 inch pan to cool. CCP: If macaroni held for next day service, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F or colder within an additional 4 hours.

**To Prepare for Service**

1. Mix cooked macaroni and cheese sauce in one 18 inch by 26 inch by 9 inch food container on the same day of service.
2. Portion ¾ cup of cheese sauce and macaroni mixture into individual ovenable trays.
3. Top each individual serving of macaroni and cheese with 2 tablespoons of shredded cheddar cheese. Hold in refrigerator. CCP: Hold macaroni and cheese in refrigerator at 41°F or lower.
4. Preheat convection oven 325°F or conventional oven 350°F. Cook for approximately 20 minutes. CCP: Heat macaroni and cheese to 165°F for at least 15 seconds.

CCP: Hold macaroni and cheese at 135°F or higher for service.

Serve one 9.5 ounce individual container of macaroni and cheese for each serving.

**Nutritional Analysis**

Calories, in K calories: 349

Carbohydrates, in grams: 21.8

Protein, in grams: 21.30

Saturated fat, in grams: 12.30

Trans fat, in grams: 0

Total fat, in grams: 19.80

Sodium, in milligrams: 604.60

**Meal Components (SLE)**

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

**Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	443.50
<b>Fat</b>	24.07g
<b>SaturatedFat</b>	13.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.88mg
<b>Sodium</b>	579.40mg
<b>Carbohydrates</b>	37.88g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.88g
<b>Protein</b>	18.50g
<b>Vitamin A</b> 1.25IU	<b>Vitamin C</b> 0.25mg
<b>Calcium</b> 426.81mg	<b>Iron</b> 1.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

**Nutrition - Per 100g**

No 100g Conversion Available

# Fresh Blueberries

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23879

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY 12-1PT P/L	1 Gallon 2 Quart 1 Cup (25 Cup)		451690

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.250
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	42.20		
<b>Fat</b>	0.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.75mg		
<b>Carbohydrates</b>	10.50g		
<b>Fiber</b>	1.80g		
<b>Sugar</b>	7.50g		
<b>Protein</b>	0.55g		
<b>Vitamin A</b>	39.96IU	<b>Vitamin C</b>	7.18mg
<b>Calcium</b>	4.44mg	<b>Iron</b>	0.21mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet Potato Puffs

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.35 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23880

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SWT MINI TATER PUFF 6-2.5 LAMB	10 Pound 10 Ounce (170 Ounce)		872570

## Preparation Instructions

1. Store frozen product in 32 degrees or less
2. Remove product from freezer and lay on sheet pan in single layer
3. Bake in 400 degree convection oven for 9-12 minutes or until internal temperature reaches 135 degrees
4. Hold at 135 degrees or above

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.35 Ounce

#### Amount Per Serving

<b>Calories</b>	52.05		
<b>Fat</b>	1.16g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	66.50mg		
<b>Carbohydrates</b>	9.92g		
<b>Fiber</b>	0.88g		
<b>Sugar</b>	4.53g		
<b>Protein</b>	0.28g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.65mg	<b>Iron</b>	0.12mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	54.80		
<b>Fat</b>	1.22g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	70.02mg		
<b>Carbohydrates</b>	10.44g		
<b>Fiber</b>	0.92g		
<b>Sugar</b>	4.77g		
<b>Protein</b>	0.30g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.00mg	<b>Iron</b>	0.12mg

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# Roasted Chick Peas

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23881

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO 6-10 GCHC	1 Gallon 2 Quart 1 Cup (25 Cup)		118753
SEASONING GARLIC HRB NO SALT 19Z TRDE	1 Cup		565164

## Preparation Instructions

1. Preheat the oven to 400 and drain and rinse your chickpeas.
2. Spread the chickpeas on a kitchen towel and gently pat them dry. Its essential to make sure theyre totally dry before you toss them with the olive oil damp chickpeas wont crisp up in the oven. Discard any loose skins from the outside of the chickpeas.
3. Transfer the chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt. Spread evenly on the baking sheet.
4. Transfer the baking sheet to your preheated oven and roast for 20 minutes, or until crispy.
5. Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	110.00		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	300.00mg		
<b>Carbohydrates</b>	21.84g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Orange Slices

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23883

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY 113CT MRKN	50 Each		198013

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	40.45
<b>Fat</b>	0.10g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.85mg
<b>Carbohydrates</b>	10.50g
<b>Fiber</b>	1.80g
<b>Sugar</b>	7.00g
<b>Protein</b>	0.75g

**Vitamin A** 203.78IU    **Vitamin C** 48.76mg

**Calcium** 35.48mg    **Iron** 0.11mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Seasoned LS Fries

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.40 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23891

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 S/C XLNG SKN-ON SEAS 6-5	1 Pound 8 Ounce (24 Ounce)	<b>BAKE</b> PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES. <b>CONVECTION</b> PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.	230962

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 2.40 Ounce

#### Amount Per Serving

<b>Calories</b>	120.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	136.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.60g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.60g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.58mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	176.37		
<b>Fat</b>	5.88g		
<b>SaturatedFat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	199.89mg		
<b>Carbohydrates</b>	29.39g		
<b>Fiber</b>	2.35g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.85mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Biscuit and Sausage Gravy

<b>Servings:</b>	32.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-23893

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX PEPR DRY 12-24Z GCHC	1 Pint 5 Fluid Ounce (42 Tablespoon)		701450
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
SAUSAGE WHL HOG BULK TUBE 5-2 GCHC	4 Pound		836753
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	32 Each		126962

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	404.41		
<b>Fat</b>	23.97g		
<b>SaturatedFat</b>	10.99g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	856.71mg		
<b>Carbohydrates</b>	30.92g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.99g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	47.89mg	<b>Iron</b>	2.52mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Creamcicle Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23897

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE ORNG 100 4-1GAL HV	1 Quart		693671
APPLESAUCE UNSWT 6-10 GCHC	2 Pound 4 Ounce (36 Ounce)		271497

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	352.50
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	101.25mg
<b>Carbohydrates</b>	84.75g
<b>Fiber</b>	9.50g
<b>Sugar</b>	59.75g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 127.50mg	<b>Iron</b> 0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg and Cheese Breakfast Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-26208

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 8 12-12CT LABAND	1 Each		202986
EGG OMELET CHS COLBY 144-2.1Z	1 Each		240080

## Preparation Instructions

1. Cook eggs according to package instructions.
  2. Portion 2oz cooked eggs and 1 oz shredded cheese onto tortilla shell.
  3. Wrap tortilla into burrito
  4. Wrap burrito in foil wrap and place on baking tray
  5. Place baking tray in cooler
  6. Reheat morning of service to 165. Serve hot.
- Feel free to add breakfast sausage, ham, turkey, etc. to provide variety to students.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	250.00
<b>Fat</b>	14.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	10.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 138.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bean and Cheese Burrito

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28126
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRD 6-10 ROSARITA	3 Quart 1/2 Cup (12 1/2 Cup)		293962
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
TORTILLA FLOUR LO SOD 9 16-12CT	50 Each		523610

## Preparation Instructions

1. Spread 2oz refried beans on tortilla
2. Sprinkle 1oz shredded cheese on to of refried beans
3. Roll tortilla into burrito
4. Bake @ 350 degrees for 5-10 minutes or until internal temperature reaches 145 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	320.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	7.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	20.00mg		
<b>Sodium</b>	612.00mg		
<b>Carbohydrates</b>	42.50g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	67.50mg	<b>Iron</b>	3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Popcorn Chicken w Goldfish Crackers

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	11.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28127

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHED WGRAIN 300-.75Z	25 Package		736280
CHIX BRST CHNK BRD WGRAIN CKD 6-5	125 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 11.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00		
<b>Fat</b>	11.50g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	740.00mg		
<b>Carbohydrates</b>	31.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.78mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken Quesadilla Homemade

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28128

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR LO SOD 9 16-12CT	50 Each		523610
TURKEY BRST DCD 2-5	2 Ounce		451300
Cheese, Cheddar Reduced fat, Shredded	2 Ounce		100012

## Preparation Instructions

1. Lay tortilla flat on surface
2. Spread 2oz (volume) diced turkey and 2oz (volume) shredded cheese on tortilla
3. Fold in half
4. Bake at 350 degrees until internal temperature reaches 165 degrees

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	174.12		
<b>Fat</b>	4.75g		
<b>SaturatedFat</b>	3.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.21mg		
<b>Sodium</b>	161.02mg		
<b>Carbohydrates</b>	30.07g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	5.45g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken Strips

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28129

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	150 Each	<b>BAKE</b> PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. <b>CONVECTION</b> PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Each

Amount Per Serving	
<b>Calories</b>	285.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.00mg
<b>Sodium</b>	465.00mg
<b>Carbohydrates</b>	16.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	0.00g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.00mg	<b>Iron</b> 1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Ham Egg and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28130

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND 3.25 200-1Z GCHC	50 Each	1 each = 0.75 equivalent	462519
Cheese, Processed, Sliced Yellow	3 Pound 2 Ounce (50 Ounce)	2 slices = 1 oz	100018
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	50 Each	<b>BAKE</b> For best results, thaw at least 2 hours at room temperature prior to heating. Remove plastic wrap. Brush biscuit tops with margarine or butter if desired. Bake at 325F for 6-7 minutes in a convection oven, 375F for 6-8 minutes in a standard reel oven, and 150F for 50-60 minutes in a food warmer. If warming in a microwave, apply 15 seconds of heat for 1 biscuit, 20 seconds of heat for 2 biscuits, 30 seconds of heat for 3 biscuits, 40 seconds of heat for 4 biscuits and 50 seconds of heat for 5 biscuits.	631902
TURKEY HAM UNCURED 6-2 JENNO	1 Slice	4 slices = 2oz equivalent	690041

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	375.67
<b>Fat</b>	22.54g
<b>SaturatedFat</b>	13.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	100.29mg
<b>Sodium</b>	771.87mg
<b>Carbohydrates</b>	30.02g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.01g
<b>Protein</b>	12.07g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 185.00mg	<b>Iron</b> 1.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nachos

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29339

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	3 Pound 2 Ounce (50 Ounce)		100012
CHIP TORTL RND YEL 5-1.5 KE	5 Pound		163020
SEASONING TACO MIX 2-5 GRSZ	1/4 Cup		427446
MILK WHT FF 9-.5GAL RGNLBRND	1 Quart		205117
CHICKEN FAJITA STRIPS, COOKED, FROZEN	6 Pound 4 Ounce (100 Ounce)	BAKE PLACE ONE BAG ON SPRAYED BAKING SHEET CONVENTIONAL OVEN 350 DEGREES F CCP: REHEAT 25 - 30 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREES OR HIGHER CONVECTION OVEN 400 DEGREES F CCP: 15 - 20 MINUTES FROM FROZEN TIL TEMPERATURE REACHES 165 DEGREEES OR HIGHER CCP: HOLD FOR HOT SERVICE @ 135 DEGREES OR HIGHER FOR NO LONGER THAN 4 HOURS	100117

## Preparation Instructions

1. Heat chicken. Drain. Continue immediately.
2. Add seasoning. Mix.
3. Add milk to ground beef mixture. Stir frequently over medium heat. Stir frequently over medium heat, approximately 15 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
4. To maintain best consistency, serve immediately or hold hot.
5. Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately cup) taco shell pieces.
6. Garnish with shredded cheese

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	352.56
<b>Fat</b>	15.55g
<b>SaturatedFat</b>	5.98g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	63.93mg
<b>Sodium</b>	738.08mg
<b>Carbohydrates</b>	35.54g
<b>Fiber</b>	3.20g
<b>Sugar</b>	2.14g
<b>Protein</b>	21.43g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 77.12mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pizza Onsite

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 12X16 16-17Z	1 Each		683502
CHEESE MOZZ SHRD 4-5 LOL	1 Quart		645170
SAUCE MARINARA 6-10 REDPK	1 1/2 Cup	READY_TO_EAT None	502181

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
<b>Calories</b>	352.21
<b>Fat</b>	16.02g
<b>SaturatedFat</b>	7.58g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	664.76mg
<b>Carbohydrates</b>	30.75g
<b>Fiber</b>	3.06g
<b>Sugar</b>	6.17g
<b>Protein</b>	19.27g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 440.28mg	<b>Iron</b> 1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buffalo Chix Pizza Onsite

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29431

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 12X16 16-17Z	1 Each		683502
CHEESE MOZZ SHRD 4-5 LOL	1 1/2 Cup		645170
CHEESE CHED MLD SHRD 4-5 LOL	1 1/2 Cup		150250
SAUCE BUFF WNG REDHOT 4-1GAL FRNKS	3/4 Cup		704229
TURKEY BRST DCD 2-5	8 Ounce		451300
DRESSING RNCH LT 4-1GAL GCHC	3/4 Tablespoon		472999

## Preparation Instructions

Bake at 375 for 10-15 minutes or until internal temp reaches 165 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

### Amount Per Serving

<b>Calories</b>	325.95
<b>Fat</b>	15.08g
<b>SaturatedFat</b>	7.83g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	44.19mg
<b>Sodium</b>	1545.72mg
<b>Carbohydrates</b>	27.78g
<b>Fiber</b>	2.31g
<b>Sugar</b>	2.77g
<b>Protein</b>	18.61g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 312.65mg	<b>Iron</b> 1.51mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available



# Uncrustable 5.3 ounce

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29645

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-5.3Z	25 Each		543822
SAND UNCRUST PB&J GRP WGRAIN 72-5.3Z	25 Each		516761

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00  
Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	600.00
<b>Fat</b>	33.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	530.00mg
<b>Carbohydrates</b>	64.00g
<b>Fiber</b>	7.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 88.50mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Mini Corn Dogs

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29646

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG TKY MINI .67Z 6-5 JTM	300 Each	From a frozen state open bag and place mini corn dogs on cooking tray and cook at 350 degrees F. Heat for approximately 20 minutes or until product reaches serving temperature.	722301

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

#### Amount Per Serving

<b>Calories</b>	266.70
<b>Fat</b>	10.70g
<b>SaturatedFat</b>	1.90g
<b>Trans Fat</b>	0.11g
<b>Cholesterol</b>	34.00mg
<b>Sodium</b>	364.70mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	2.90g
<b>Sugar</b>	12.00g
<b>Protein</b>	9.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 70.00mg	<b>Iron</b> 1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken with Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30241

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	50 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	392.70		
<b>Fat</b>	20.40g		
<b>SaturatedFat</b>	7.50g		
<b>Trans Fat</b>	0.07g		
<b>Cholesterol</b>	62.00mg		
<b>Sodium</b>	911.20mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	3.60g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	22.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.58mg	<b>Iron</b>	2.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Biscuit Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30242

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each	Convection Oven: From frozen, place the breast fillets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350 degrees F convection oven for approximately 17-21 minutes.	185033

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	292.70
<b>Fat</b>	9.90g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	62.00mg
<b>Sodium</b>	771.20mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.00g
<b>Protein</b>	26.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.58mg	<b>Iron</b> 2.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Rib Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30243

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Whole Grain Rich Hamburger Bun	50 Each	READY_TO_EAT No baking necessary.	3474
PORK RIB PTY CKD BBQ W/SCE 2.8Z 6-5	50 Each		661921

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	310.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	400.23mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	8.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 6.00mg	<b>Iron</b> 9.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Fish Sticks w Pretzel

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30244

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX NACH MSC 1Z 20	200 Each	<b>BAKE</b> COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
PRETZEL SFT PREBKD WGRAIN 200- 1Z J&J	50 Each	Oven: Preheat to 350-400 degrees F. Lightly mist soft pretzels with water, then sprinkle with salt if desired. Bake for 3-5 minutes. Microwave: Lightly mist frozen soft pretzels with water, sprinkle salt, and microwave on high for 20-40 seconds. Heating times and temperatures may vary.	607122

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	290.00		
<b>Fat</b>	9.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	500.00mg		
<b>Carbohydrates</b>	36.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	2.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Homemade Breakfast Burrito w Bacon

<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	3 Quart 1 Pint 1 Cup (15 Cup)		481492
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	60 Slice		189071
TORTILLA WHLWHE 8 12-12CT LABAND	60 Each		202986
BACON CKD MED SLCD 3-100CT GFS	60 Slice		874124

## Preparation Instructions

1. Prepare Eggs
2. Warm Bacon
3. Portion 2oz (volume) of eggs, 1 slice of cheese, and 1 slice of bacon on each tortilla
4. Wrap
5. Hold at 135 or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.167
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	278.33
<b>Fat</b>	14.90g
<b>SaturatedFat</b>	5.45g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	165.83mg
<b>Sodium</b>	618.53mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	12.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 189.50mg	<b>Iron</b> 2.06mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w Pretzel

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30252

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	125 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	50 Each		607122
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	125 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	12.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	520.00mg
<b>Carbohydrates</b>	28.50g
<b>Fiber</b>	3.50g
<b>Sugar</b>	0.50g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.00mg	<b>Iron</b> 2.57mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Melt Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30255

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	1 slice = 0.5 oz	722360
TURKEY BRST OVN RSTD R/SOD 2-9.95AVG	150 Slice	Slice in 1oz slices	919928
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474

## Preparation Instructions

1. Slice deli turkey into 1oz slices
2. Layer 1 slice of cheese, 3 slices of turkey, and 1 slice of cheese on base of bread and top with other half of bread
3. Wrap and bake until internal temp reaches 165
4. Hold at 135F and/or serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	242.50
<b>Fat</b>	4.75g
<b>SaturatedFat</b>	1.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	875.00mg
<b>Carbohydrates</b>	28.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.25g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 102.00mg	<b>Iron</b> 9.50mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cheesy Hot Dog

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30257

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/ 2-5 GFS	50 Each		417350
6" Whole Grain Rich Hot Dog Bun	50 Each		3709
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 2 Ounce (50 Ounce)		150250

## Preparation Instructions

1. Cook hot dogs
2. Place hot dog on bun
3. Sprinkle with cheese
4. Serve or hold at 135 until service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	335.00
<b>Fat</b>	22.00g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	785.00mg
<b>Carbohydrates</b>	21.50g
<b>Fiber</b>	0.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.07IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 108.39mg	<b>Iron</b> 0.77mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fiesta Fish Wrap

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30264

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR 10 ULTRGR 12- 12CT	50 Each	STEAM PREPARATIONAmbient: Ready to use. Refrigerated: BRING TO ROOM TEMPERATURE. Remove from case and let stand in bag 4 - 6 hours at room temperature. HEATINGSTEAM CABINET: Place in steam cabinet. Stack no more than 3 dozen high. Heat to 160°F. Do not hold for more than 2 hours. GRILL: Heat grill to 400°F. Heat tortillas on each side for 10 - 15 seconds. MICROWAVE: Stack no more than 6 tortillas and heat 45 - 60 seconds on high (microwaves vary for power setting and time). STAGINGStore in steam cabinet or bun warmer until ready to use (maximum 1 hour to prevent drying).	690141
POLLOCK BRD STIX NACH MSC 1Z 20	150 Each	BAKE COOKING INSTRUCTIONS: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.	715051
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360
LETTUCE SHRD 3/8 CUT 4-5 RSS	3 Quart 1/2 Cup (12 1/2 Cup)		678791
SALSA 103Z 6-10 REDG	1 Ounce	READY_TO_EAT None	452841

## Preparation Instructions

1. Fish Sticks: Cook from Frozen State. Preheat Oven. Conventional Oven: Bake at 425°F for 16-18 Minutes. Convection Oven: Bake at 400°F for 12-14 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F.
2. Place 1 slice of cheese, 3 fish sticks, and 1/4 cup shredded lettuce in tortilla and wrap
3. Offer with 2oz portioned salsa

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.003
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	382.70
<b>Fat</b>	13.25g
<b>SaturatedFat</b>	2.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.75mg
<b>Sodium</b>	732.64mg
<b>Carbohydrates</b>	47.04g
<b>Fiber</b>	4.75g
<b>Sugar</b>	3.51g
<b>Protein</b>	17.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 218.50mg	<b>Iron</b> 2.99mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage, Egg, and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

1. Bake biscuits, sausage patty, and egg patty
2. Build sandwich: biscuit bottom, egg patty, cheese slice, sausage patty, biscuit top
3. Hold at 135 until service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	388.70
<b>Fat</b>	23.40g
<b>SaturatedFat</b>	10.45g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	130.50mg
<b>Sodium</b>	873.20mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	2.50g
<b>Protein</b>	16.40g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 157.58mg	<b>Iron</b> 1.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Poptart

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30296

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 72-2CT	10 Package		123081
PASTRY POP-TART WGRAIN FUDG 72-2CT	10 Package		452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	10 Package		123031
PASTRY POP-TART WGRAIN BLUEB 72-2CT	10 Package		865101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	355.75
<b>Fat</b>	5.63g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	57.50mg
<b>Sodium</b>	305.00mg
<b>Carbohydrates</b>	74.50g
<b>Fiber</b>	5.90g
<b>Sugar</b>	29.75g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 3.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinni Mini Breakfast Pastry

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30297

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	50 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	894291

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	240.00		
<b>Fat</b>	7.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	270.00mg		
<b>Carbohydrates</b>	40.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cinnamon Roll w Creamcicle Smoothie

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30298

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Pound	READY_TO_EAT Ready to use with pouch & serving tip.	811500
JUICE ORNG 100 4-1GAL HV	1 Quart		693671
DOUGH ROLL CINN LRG 120- 2.25Z RICH	16 Each	<p><b>BAKE</b></p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
APPLESAUCE UNSWT 6-10 GCHC	2 Quart		271497

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	347.50
<b>Fat</b>	3.75g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.50mg
<b>Sodium</b>	256.25mg
<b>Carbohydrates</b>	71.25g
<b>Fiber</b>	3.50g
<b>Sugar</b>	35.25g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 2.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage and Egg Breakfast Croissant

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30299

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
CROISSANT BKD PLN SLCD 64-2Z	50 Each	<b>BAKE</b> Standard Prep: Thaw to room temperature and serve.	120861
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	50 Each		208990

## Preparation Instructions

1. Bake sausage and egg patties
2. Assemble sandwich with one croissant, one egg patty, and one sausage patty
3. Serve hot
4. Hot hold at 135 or above

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	376.00		
<b>Fat</b>	23.50g		
<b>SaturatedFat</b>	8.70g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	101.00mg		
<b>Sodium</b>	482.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	4.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	88.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	91.00mg	<b>Iron</b>	1.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Chicken Drumsticks

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30300

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	100 Piece	<b>BAKE</b> Preparation: Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment. <b>CONVECTION</b> Preparation: Appliances vary, adjust accordingly. Convection Oven 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.	603391

## Preparation Instructions

1. Place poppers in single layer in full sheet tray
2. BAKE at 350F for 7-8 minutes or until golden brown and internal temp reaches 165
3. Serve 2 drumsticks per person

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	440.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	120.00mg
<b>Sodium</b>	1060.00mg
<b>Carbohydrates</b>	12.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	38.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Nuggets w Roll HS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30301

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	250 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.	558040
CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	200 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
Whole Grain Rich Cluster Pan Rolls	3 Pound 2 Ounce (50 Ounce)	READY_TO_EAT	3920

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 10.00 Each

### Amount Per Serving

<b>Calories</b>	502.18
<b>Fat</b>	26.08g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	940.42mg
<b>Carbohydrates</b>	41.96g
<b>Fiber</b>	6.28g
<b>Sugar</b>	3.55g
<b>Protein</b>	26.83g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 66.51mg	<b>Iron</b> 7.03mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cheeseburger Slider Sandwiches

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30302

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Slammer Sliced	100 bun		3939
BEEF PTY CKD LO SOD 2.25Z 6-5# JTM	100 Each		655482
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	496.00
<b>Fat</b>	23.20g
<b>SaturatedFat</b>	9.05g
<b>Trans Fat</b>	1.16g
<b>Cholesterol</b>	79.50mg
<b>Sodium</b>	832.80mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	3.60g
<b>Sugar</b>	4.50g
<b>Protein</b>	35.30g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.00mg	<b>Iron</b> 14.88mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bacon Egg and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30303

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THK SLCD 3-100CT GFS	50 Slice		590495
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	50 Each		208990
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	50 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 33-37 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 21-25 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 20-22 minutes in a convection oven.	269210
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360

## Preparation Instructions

Bake and assemble sandwiches day of service.

Biscuit Bottom -> Egg Patty -> Bacon Slice -> Cheese Slice -> Biscuit Top

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	327.50
<b>Fat</b>	17.55g
<b>SaturatedFat</b>	7.85g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	88.00mg
<b>Sodium</b>	764.25mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	13.80g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 231.00mg	<b>Iron</b> 1.69mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cinnamon Toast Crunch Breakfast Pastry

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30304

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST & CHS IW 72-2.36Z	50 Package		880415

## Preparation Instructions

Heat & Serve: Heat frozen filled bars in ovenable pouch.

1. Preheat oven to 350 degrees F.
2. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes\* or conventional oven from 13-14 minutes\*.

\*Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	260.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	290.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cocoa Puff Breakfast Pastry

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30305

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST COCOA FILLED IW 72-2.43Z	50 Package		880370

## Preparation Instructions

Heat & Serve: Heat frozen filled bars in ovenable pouch.

1. Preheat oven to 350 degrees F.
2. Place pouch flat on a baking sheet and heat in convection oven for 8-9 minutes\* or conventional oven from 13-14 minutes\*.

\*Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	260.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	310.00mg
<b>Carbohydrates</b>	44.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 2.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30336

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	50 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	50 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. <b>BAKING INSTRUCTIONS</b> <b>PANNING</b> FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210

## Preparation Instructions

1. Wash hands and put on new gloves
2. Tray/pan sausage patties and bake at 375 degrees until internal temp reaches 165.
3. Tray/pan biscuit dough and bake at 325 for 23-27 minutes
4. Place sausage patty on bottom of biscuit
5. Place top of biscuit on top of sausage
6. Serve immediately or hold at 135 degrees between serving times

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	331.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	8.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.00mg
<b>Sodium</b>	502.00mg
<b>Carbohydrates</b>	29.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 136.00mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Granola Bar

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30337

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	10 Each		209741
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	10 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	10 Each		498170

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	150.00
<b>Fat</b>	3.50g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 140.00mg	<b>Iron</b> 1.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Cup

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30338

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT PCH N/F 48-4Z UPSTFM	5 Each	READY_TO_EAT Keep refrigerated until ready to eat.	817910
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	5 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT VAR PK L/F 48-4Z YOPL	5 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	5 Each	READY_TO_EAT Ready to eat single serving	551741
YOGURT VAR PK STRAWB/VAN CRMY 48-4Z	5 Each		552931
YOGURT VAR PK N/F 48-4Z LTN FIT	5 Each		765020
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	5 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	5 Each		280401

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	103.00
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.50mg
<b>Sodium</b>	75.25mg
<b>Carbohydrates</b>	20.90g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.50g
<b>Protein</b>	4.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 225.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Cup w Granola

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30339

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT PCH N/F 48-4Z UPSTFM	5 Each	READY_TO_EAT Keep refrigerated until ready to eat.	817910
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	5 Each	HEAT_AND_SERVE HEAT_AND_SERVE	869921
YOGURT VAR PK L/F 48-4Z YOPL	5 Each	READY_TO_EAT Ready to eat single serving	551751
YOGURT VAR PK L/F RASPB/PCH 48-4Z	5 Each	READY_TO_EAT Ready to eat single serving	551741
YOGURT VAR PK STRAWB/VAN CRMY 48-4Z	5 Each		552931
YOGURT VAR PK N/F 48-4Z LTN FIT	5 Each		765020
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	5 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	5 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	5 Each		280401
GRANOLA BAG IW 144-1Z FLDSTN	50 Package	READY_TO_EAT Great to eat out of the pack, on breakfast and salad bars, or as a topping for desserts, yogurt, or parfaits. Perfect for healthcare--nursing homes, rehabilitation centers, long-term care, senior living; schools, day cares, camps, golf courses and recreation programs.	649742

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	223.00		
<b>Fat</b>	3.70g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.50mg		
<b>Sodium</b>	150.25mg		
<b>Carbohydrates</b>	40.90g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	20.50g		
<b>Protein</b>	7.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	225.00mg	<b>Iron</b>	0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Chicken w Waffles

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30340

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785
CHIX PTY HMSTYL 1.6Z 4-5 TYS	50 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
WAFFLE WGRAIN 144- 1.3Z BKCRFT	25 Each	<b>READY_TO_EAT</b> Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
WAFFLE WGRAIN 4 EGGOJI 12-12CT EGGO	25 Each		888284

## Preparation Instructions

1. Wash hands and put on gloves
  2. Tray/pan frozen waffles. Bake at 350 for 5-7 minutes
  3. Tray/pan frozen chicken patties. Bake at 375 for 6-8 minutes
  4. Serve
- Serving Size = 2 waffles and 1 chicken patty



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	195.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	1.38g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	16.25mg		
<b>Sodium</b>	437.50mg		
<b>Carbohydrates</b>	24.25g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	2.25g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	250.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	92.00mg	<b>Iron</b>	2.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Oatmeal w Toppings

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30353

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 12-42Z QUAK	1 Gallon 1/2 Cup (16 1/2 Cup)		467251
Cold Water	1 Gallon 3 Quart 1 Pint (30 Cup)		0000
SUGAR BROWN LT 12-2 P/L	1 Cup 1 Fluid Ounce 1 Tablespoon 2 1 Teaspoon (60 Teaspoon)		860311
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	2 Quart 1 Pint (10 Cup)	READY_TO_EAT Ready to Eat	621420
MARGARINE SPREAD 600-5GM SMRT BAL	20 Each	READY_TO_EAT Ready to use.	620821

## Preparation Instructions

1. Wash hands and put on new gloves
2. Boil water
3. Mix water and oats together. Let sit for 5 minutes.
4. Portion 1.5 cups prepared oatmeal into serving bowl
5. Offer brown sugar, margarine, diced strawberries, blueberries, apples, and nuts if available

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.50 Cup

### Amount Per Serving

<b>Calories</b>	347.50
<b>Fat</b>	7.13g
<b>SaturatedFat</b>	1.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	30.00mg
<b>Carbohydrates</b>	63.05g
<b>Fiber</b>	8.10g
<b>Sugar</b>	15.00g
<b>Protein</b>	8.75g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 3.54mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Donut(s)

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30355

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	25 Package		738181
DONUT RING WGRAIN GLZ IW 80-2.5Z	25 Each		668181

## Preparation Instructions

1. Thaw overnight
2. Serve 1 package of mini chocolate donuts or yeast donut per student

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Package

Amount Per Serving			
<b>Calories</b>	275.00		
<b>Fat</b>	13.50g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	285.00mg		
<b>Carbohydrates</b>	35.50g		
<b>Fiber</b>	2.50g		
<b>Sugar</b>	12.50g		
<b>Protein</b>	5.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	65.50mg	<b>Iron</b>	1.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Frudel

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30358

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	10 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	10 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	10 Each	<b>HEAT_AND_SERVE</b> Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within <b>READY_TO_EAT</b> Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321722
CRESCENT FILLD GRP 72-2.29Z PILLS	10 Each	<b>READY_TO_EAT</b> Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321752

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	282.95		
<b>Fat</b>	8.11g		
<b>SaturatedFat</b>	1.10g		
<b>Trans Fat</b>	0.09g		
<b>Cholesterol</b>	59.25mg		
<b>Sodium</b>	284.38mg		
<b>Carbohydrates</b>	46.04g		
<b>Fiber</b>	2.72g		
<b>Sugar</b>	12.65g		
<b>Protein</b>	6.09g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.53mg	<b>Iron</b>	2.11mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chili con Carne with Beans w Corn Biscuit

<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30359

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 Quart		429201
SPICE CHILI POWDER MILD 16Z TRDE	1 Pint		331473
SPICE PAPRIKA SPANISH 16Z TRDE	3 Fluid Ounce		225002
SPICE ONION POWDER 19Z TRDE	3 Fluid Ounce		126993
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
TOMATO PASTE 26 6-10 FULLRD	1 Pint 1 Cup (3 Cup)		522372
TOMATO DCD PETITE 6-10 GCHC	1 #10 CAN		498871
BEAN CHILI HOT 6-10 BROOKS	2 #10 CAN		785024
Cheese, Cheddar Reduced fat, Shredded	1 Gallon 2 Quart (24 Cup)		100012
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	200 Each		576272

## Preparation Instructions

### Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

8: OR

9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

12: OR

13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	540.69		
<b>Fat</b>	30.22g		
<b>SaturatedFat</b>	14.62g		
<b>Trans Fat</b>	2.39g		
<b>Cholesterol</b>	81.29mg		
<b>Sodium</b>	930.70mg		
<b>Carbohydrates</b>	40.82g		
<b>Fiber</b>	4.84g		
<b>Sugar</b>	6.41g		
<b>Protein</b>	29.24g		
<b>Vitamin A</b>	77.60IU	<b>Vitamin C</b>	0.62mg
<b>Calcium</b>	11.93mg	<b>Iron</b>	2.59mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chili Cheese Baked Potato

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30361

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 Quart		429201
SPICE CHILI POWDER MILD 16Z TRDE	1 Pint		331473
SPICE PAPRIKA SPANISH 16Z TRDE	3 Fluid Ounce		225002
SPICE ONION POWDER 19Z TRDE	3 Fluid Ounce		126993
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
TOMATO PASTE 26 6-10 FULLRD	1 Pint 1 Cup (3 Cup)		522372
TOMATO DCD PETITE 6-10 GCHC	1 #10 CAN		498871
BEAN CHILI HOT 6-10 BROOKS	2 #10 CAN		785024
Cheese, Cheddar Reduced fat, Shredded	3 Quart		100012
POTATO BAKER IDAHO 100CT MRKN	400 Each		233285
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	400 Each		536890

## Preparation Instructions

### Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

8: OR

9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

12: OR

13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry pinto beans = about 2 3/8 cups dry or 5 ¼ cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.563
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.032
<b>OtherVeg</b>	0.001
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	276.15
<b>Fat</b>	11.17g
<b>SaturatedFat</b>	4.35g
<b>Trans Fat</b>	1.19g
<b>Cholesterol</b>	40.84mg
<b>Sodium</b>	247.35mg
<b>Carbohydrates</b>	36.17g
<b>Fiber</b>	8.42g
<b>Sugar</b>	10.70g
<b>Protein</b>	15.94g
<b>Vitamin A</b> 38.80IU	<b>Vitamin C</b> 0.31mg
<b>Calcium</b> 25.96mg	<b>Iron</b> 2.02mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken Caesar Entree Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30368

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Pint 1 Cup (3 Cup)		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce		570533
CHEESE PARM IMIT GRTD 2-5 SCHRBR	1/4 Cup		595101
TOMATO 5X6 XL 5 MRKN	1/4 Cup		438197
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
DRESSING CAESAR GRK YOG 60-1.5Z OPA	2 Each	READY_TO_EAT Open, pour and enjoy!	406572

## Preparation Instructions

1. Wash Hands and put on gloves
2. Place lettuce in container
3. Top with chicken,cheese and tomato
4. Place 2oz roll in container

Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.500
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	568.10
<b>Fat</b>	29.60g
<b>SaturatedFat</b>	4.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	1282.25mg
<b>Carbohydrates</b>	54.75g
<b>Fiber</b>	10.55g
<b>Sugar</b>	16.25g
<b>Protein</b>	32.40g
<b>Vitamin A</b> 374.85IU	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 266.50mg	<b>Iron</b> 3.24mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cobb Entree Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30370

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 RSS	1 Pint 1 Cup (3 Cup)		182570
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
TOMATO CHERRY 11 MRKN	5 Each		569551
BACON TKY CKD 12-50CT JENNO	1 Slice	chopp	834770
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
EGG HARD CKD PLD DRY PK 12-12CT PAP	1/2 Each		853800

## Preparation Instructions

1. Wash Hands put on gloves
2. Slice eggs
3. Place lettuce in container
4. Top lettuce with chicken, hard boiled egg, tomatoes, and chopped bacon
5. Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.282
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	1.500
<b>RedVeg</b>	0.600
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	375.87		
<b>Fat</b>	11.67g		
<b>SaturatedFat</b>	3.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	151.25mg		
<b>Sodium</b>	343.63mg		
<b>Carbohydrates</b>	43.70g		
<b>Fiber</b>	11.32g		
<b>Sugar</b>	16.50g		
<b>Protein</b>	31.75g		
<b>Vitamin A</b>	899.64IU	<b>Vitamin C</b>	14.80mg
<b>Calcium</b>	90.30mg	<b>Iron</b>	3.98mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Chef Entree Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30372

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Slice	418439
Turkey Breast Deli	1/4 Cup	Chop	100121
Cheese, Mozzarella, Part Skim, Shredded	1/8 Cup		100021
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	1 Pint 1 Cup (3 Cup)		15D44
EGG HARD CKD PLD DRY PK 12-12CT PAP	1 Each	Chop	853800
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TOMATOES FR GRAPE 12/1 PT CO 8 LB CS	5 Each	READY_TO_EAT	18B19
TURKEY HAM DCD 2-5 JENNO	1/2 Cup		202150
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890

## Preparation Instructions

1. Wash hands and put on gloves
2. Placed chopped lettuce in clamshell
3. Top with cheese mixture, turkey, and ham
4. Place cucumber slices and tomatoes in corners
5. Keep refrigerated

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.523
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.375
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	413.48
<b>Fat</b>	18.99g
<b>SaturatedFat</b>	8.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	259.19mg
<b>Sodium</b>	830.51mg
<b>Carbohydrates</b>	34.81g
<b>Fiber</b>	7.15g
<b>Sugar</b>	11.63g
<b>Protein</b>	31.98g
<b>Vitamin A</b> 27.30IU	<b>Vitamin C</b> 0.73mg
<b>Calcium</b> 150.64mg	<b>Iron</b> 3.31mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Salisbury Steak and Gravy w Roll

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30373

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX BROWN 12-15Z GCHC	7 1/2 Ounce		242450
ROLL WHE WGRAIN BKD 72- 2Z MAKTCH	30 Each		536890
BEEF STK SALIS CHARB 72- 2.25Z ADV	30 Each	<b>BAKE</b> Conventional oven: frozen product: preheat oven to 375 degrees f. Heat for 16 1 2 minutes. Convection oven: frozen product: preheat oven to 375 degrees f. Heat for 13-15 minutes.	485615

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	306.33
<b>Fat</b>	14.63g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	35.00mg
<b>Sodium</b>	538.61mg
<b>Carbohydrates</b>	35.01g
<b>Fiber</b>	8.00g
<b>Sugar</b>	10.25g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 3.24mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sweet and Sour Chicken w Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30374

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 9/10 Ounce	1 cup = 5.9 oz	676463
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE SWT & SOUR 6-64Z MINR	1 Tablespoon		534811

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	550.00		
<b>Fat</b>	15.75g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	1070.00mg		
<b>Carbohydrates</b>	75.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	6.50g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.19mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# General Tso Chicken w Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30375

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 9/10 Ounce	1 cup = 5.9 oz	676463
CHIX PCORN LRG WGRAIN CKD 6-5	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE SWT & SOUR 6-64Z MINR	1 Tablespoon		534811
SAUCE GEN TSO 4-.5GAL ASIAN	1 Tablespoon		802850

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	585.00		
<b>Fat</b>	15.75g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	70.00mg		
<b>Sodium</b>	1240.00mg		
<b>Carbohydrates</b>	83.00g		
<b>Fiber</b>	7.00g		
<b>Sugar</b>	13.50g		
<b>Protein</b>	25.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.19mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Orange Chicken w Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30376
<b>School:</b>	CORYDON CENTRAL HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	5 9/10 Ounce	1 cup = 5.9 oz	676463
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
SAUCE ORNG GINGR 2-1GAL ASIAN MENU	1 Tablespoon		285567

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	510.00		
<b>Fat</b>	10.50g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	1075.00mg		
<b>Carbohydrates</b>	79.00g		
<b>Fiber</b>	6.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	24.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	1.78mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Noodle Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30377

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE TERYK 4-1GAL GCHC	1 Tablespoon		640222
CHIX STRP FAJT SEAS FC 8-4.99 TYS	3 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
PASTA SPAG 51 WGRAIN 2-10	2 Ounce	1 cup cooked = 2 grain equivalents	221460
PEPPERS GREEN DCD 1/2 2-3 RSS	1/8 Cup		283959
ONION DCD 1/4 2-5 RSS	1 Ounce		198307

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.190
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	358.87		
<b>Fat</b>	8.04g		
<b>SaturatedFat</b>	2.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	650.59mg		
<b>Carbohydrates</b>	52.91g		
<b>Fiber</b>	4.33g		
<b>Sugar</b>	9.52g		
<b>Protein</b>	24.17g		
<b>Vitamin A</b>	71.67IU	<b>Vitamin C</b>	15.57mg
<b>Calcium</b>	27.94mg	<b>Iron</b>	2.07mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Spinach Queso Baked Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30378

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
SPINACH CHPD IQF 12-2 GCHC	1/4 Cup		599417
SAUCE CHS QUESO BLANCO FZ 6-5 JTM	4 Ounce		722110

## Preparation Instructions

1. Bake Potato
2. Add spinach to queso and heat to 165
3. Cut baked potato and pour 1/2 cup queso on top

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	389.58
<b>Fat</b>	21.80g
<b>SaturatedFat</b>	12.20g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	63.00mg
<b>Sodium</b>	968.95mg
<b>Carbohydrates</b>	34.75g
<b>Fiber</b>	7.85g
<b>Sugar</b>	10.00g
<b>Protein</b>	19.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 467.41mg	<b>Iron</b> 1.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Bacon and Cheese Baked Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30379

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each		536890
SAUCE CHS CHED 6-5 JTM	4 Ounce		271081
BACON TKY CKD 12-50CT JENNO	1 Ounce	chop	834770

## Preparation Instructions

1. Bake Potato
2. Pour 1/2 cup cheese sauce over potato
3. Top with bacon crumbles

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.377
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	497.36
<b>Fat</b>	28.08g
<b>SaturatedFat</b>	13.11g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	101.54mg
<b>Sodium</b>	1605.49mg
<b>Carbohydrates</b>	36.40g
<b>Fiber</b>	7.00g
<b>Sugar</b>	12.20g
<b>Protein</b>	30.38g
<b>Vitamin A</b> 852.75IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 463.96mg	<b>Iron</b> 1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Broccoli and Cheese Baked Potato

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30380

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO 100CT MRKN	1 Each		233285
ROLL WHE WGRAIN BKD 72-2Z MAKTC	1 Each		536890
SAUCE CHS CHED 6-5 JTM	4 Ounce		271081
BROCCOLI FLORET BITE SIZE 2-3 RSS	1/4 Cup		732451

## Preparation Instructions

1. Bake Potato
2. Slice potato and fill with 1/4 cup steamed broccoli
3. Pour 1/2 cup cheese sauce over potato

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.198
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.125
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	392.81
<b>Fat</b>	20.23g
<b>SaturatedFat</b>	11.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	66.54mg
<b>Sodium</b>	1000.49mg
<b>Carbohydrates</b>	39.40g
<b>Fiber</b>	8.20g
<b>Sugar</b>	13.20g
<b>Protein</b>	21.68g
<b>Vitamin A</b> 1136.21IU	<b>Vitamin C</b> 40.59mg
<b>Calcium</b> 485.34mg	<b>Iron</b> 1.77mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Buffalo Chicken Sub

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30381

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD SRIRACHA 4-7.12	250 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From Frozen: 1. Preheat oven to 375°F. 2. Arrange pieces in a single layer on a baking sheet. 3. Heat in oven for 12-15 minutes.	750892
6" Hinged Whole Grain Rich Hoagie Bun	50 Each		3742
SAUCE SRIRACHA CHILI 4-.5GAL FRNKS	1 Cup 1 1 Teaspoon (50 Teaspoon)		606431

## Preparation Instructions

1. Cook chicken bites
2. Five bites per hoagie bun
3. Drizzle with hot sauce

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.750
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 12.00 Each

### Amount Per Serving

<b>Calories</b>	412.50
<b>Fat</b>	13.75g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.75mg
<b>Sodium</b>	732.50mg
<b>Carbohydrates</b>	48.50g
<b>Fiber</b>	1.25g
<b>Sugar</b>	7.50g
<b>Protein</b>	24.75g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 12.50mg	<b>Iron</b> 1.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey and Cheese Panini

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30382

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD SHVNG 2-9.3 JENNO	9 Pound 6 Ounce (150 Ounce)	Slice into 1oz slices	208040
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	1 slice = 0.5 oz	722360
BREAD PANINI SLCD GRLLD 96-1.8Z	50		898693

## Preparation Instructions

1. Slice deli turkey into 1oz slices
2. Layer 1 slice of cheese, 3 slices of turkey, and 1 slice of cheese on base of bread and top with other half of bread
3. Wrap and bake until internal temp reaches 165
4. Hold at 135 and/or serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	290.00
<b>Fat</b>	7.50g
<b>SaturatedFat</b>	2.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.50mg
<b>Sodium</b>	1110.00mg
<b>Carbohydrates</b>	33.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 116.00mg	<b>Iron</b> 1.98mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Breakfast Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30645

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
HASHBROWN BKFST CUBES 3/4 6-5# MCC	4 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN HASHBROWNS EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 12 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.DEEP FRY: FILL BASKET ONE THIRD FULL (1.5 LBS) WITH FROZEN HASHBROWNS. DEEP FRY @ 350° F FOR 2 3 4 TO 3 1 4 MINUTES.</p> <p>GRIDDLE_FRY PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.GRIDDLE: PREHEAT GRIDDLE TO 350° F. SPREAD 3 TBS. OF COOKING OIL OVER GRIDDLE. CAREFULLY ADD A THIN LAYER OF FROZEN HASHBROWNS. FRY FOR 13 TO 16 MINUTES, STIRRING FREQUENTLY FOR UNIFORM COOKING.</p>	510061
EGG SCRMBD CKD FZ 4-5 GCHC	1/4 Cup		584584
DOUGH BISC HNY CORN WGRAIN 168-2.75Z	1 Each	<p>BAKE PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. ON A FULL SHEET PAN: INDIVIDUALS 8X5; CLUSTERED HONEYCOMB OF 51. ON HALF A SHEET PAN: INDIVIDUAL 5X4; CLUSTERED HONEYCOMB OF 21. LEAVE ABOUT 1.4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 DEGREES F FOR 18-22 MINUTES. CONVECTION OVEN: 350 DEGREES F FOR 14-17 MINUTES FOR INDIVIDUAL PANNED AND 16-20 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST ACCORDINGLY.</p> <p>Marketing Tips</p>	576272

## Preparation Instructions

1. Spray full sheet pans with pan spray.
2. Arrange potato cubes in single layer on trays.
3. BAKE until heated through and golden brown in color.
4. Scramble eggs on grill until internal temp reaches 160 F.
5. Layer potatoes, eggs, then shredded cheese.
6. Season as necessary (no salt added)

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	496.36
<b>Fat</b>	23.03g
<b>SaturatedFat</b>	10.76g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	114.70mg
<b>Sodium</b>	1333.33mg
<b>Carbohydrates</b>	56.42g
<b>Fiber</b>	3.33g
<b>Sugar</b>	7.09g
<b>Protein</b>	16.88g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 42.12mg	<b>Iron</b> 2.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Chicken Strips HS

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30646

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP BRD WGRAIN 6-5.15	300 Each	<b>BAKE</b> PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11-13 minutes, uncovered. <b>CONVECTION</b> PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7-10 minutes, uncovered.	740820

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>	570.00		
<b>Fat</b>	27.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	120.00mg		
<b>Sodium</b>	930.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	48.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.00mg	<b>Iron</b>	3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hot Brown Sliders

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30651

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Slammer Sliced	2 bun		3939
BACON CKD 3-100CT FAST N EASY	1 Each	BAKE Fully cooked. Simply heat and serve.	125141
CHEESE PEPR JK SLCD 8-1.5# LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
TURKEY BRST OVN RSTD R/SOD 2-9.95AVG	2 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	919928

## Preparation Instructions

1. Layer 1 slice turkey, 1/2 slice bacon, 1/2 slice pepper jack cheese, and 1/2 slice American cheese on each slider bun
2. Bake

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	338.10
<b>Fat</b>	10.98g
<b>SaturatedFat</b>	5.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.60mg
<b>Sodium</b>	977.50mg
<b>Carbohydrates</b>	35.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	5.00g
<b>Protein</b>	23.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 197.00mg	<b>Iron</b> 13.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Bacon Mozz Grilled Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30652

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	
CHEESE MOZZ SHRD 4-5 LOL	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		645170
BACON CKD 3-100CT FAST N EASY	50 Slice		125141
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each		185033

## Preparation Instructions

1. Cook grilled chicken fillet
2. Place fillet on bottom bread bun
3. Split 1 slice of bacon and top chicken fillet in an "X" pattern
4. Top bacon with 1 tablespoon shredded mozzarella cheese
5. Place hamburger bun on top of cheese
6. Hold at 135 until cheese is melted and ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	315.60
<b>Fat</b>	7.98g
<b>SaturatedFat</b>	2.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.35mg
<b>Sodium</b>	727.50mg
<b>Carbohydrates</b>	28.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.25g
<b>Protein</b>	32.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 135.25mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# French Bread Pizza

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30653

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN PEPP 60- 4.93Z TONY	10 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 22 - 24 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154420
FRENCH BRD WGRAIN 50/50 CHS 60-5.2Z	10 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 18 - 20 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154321
FRENCH BRD WGRAIN GARL CHS 60-4.55Z	10 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

## Preparation Instructions

1. Bake to 165

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	232.33
<b>Fat</b>	9.60g
<b>SaturatedFat</b>	3.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.67mg
<b>Sodium</b>	396.53mg
<b>Carbohydrates</b>	23.67g
<b>Fiber</b>	1.40g
<b>Sugar</b>	4.67g
<b>Protein</b>	12.97g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 228.63mg	<b>Iron</b> 1.80mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available



# Chicken Bacon Ranch Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30654

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	
BACON CKD 3-100CT FAST N EASY	50 Slice		125141
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each		185033
SEASONING MIX RNCH 6-16Z HVALL	2 Fluid Ounce 1/2 Teaspoon (12 1/2 Teaspoon)		618684
CHEESE CHED MLD SHRD 4-5 LOL	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		150250

## Preparation Instructions

1. Cook grilled chicken fillet and season with ranch
2. Place fillet on bottom bun
3. Divide bacon slice into two pieces and top chicken fillet in an "X" pattern
4. Top bacon with 1 tablespoon shredded cheddar cheese
5. Place hamburger bun on top of cheese
6. Hold at 135 until cheese is melted and ready to serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	325.60
<b>Fat</b>	8.73g
<b>SaturatedFat</b>	2.66g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.10mg
<b>Sodium</b>	790.00mg
<b>Carbohydrates</b>	29.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	32.15g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 133.75mg	<b>Iron</b> 3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Pork Tenderloin Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30655

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	50 Each		661950
4" Whole Grain Rich Hamburger Bun	50 Each	READY_TO_EAT No baking necessary.	3474

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	400.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	330.23mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 46.00mg	<b>Iron</b> 9.62mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey Bacon Melt Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30656

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	
BACON CKD 3-100CT FAST N EASY	50 Slice		125141
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice		722360
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	150 Slice		689541

## Preparation Instructions

1. Place 3 slices of turkey on bottom bread bun
2. Divide 1 bacon slice and place in an "X" pattern on top of turkey
3. Place 1 slice American cheese on top of bacon
4. Top with bread bun
5. Hold at 135 until cheese is melted and ready for service

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.031
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	269.34
<b>Fat</b>	6.75g
<b>SaturatedFat</b>	2.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	44.72mg
<b>Sodium</b>	846.98mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.93g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 167.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Grilled Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30657

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD NAE 3Z 2-5 TYS	50 Each		185033
3474 WGR HAMBURGER BUN (76) 60g 12ct	50 1 bun	READY_TO_EAT	
SAUCE TERYK 4-1GAL GCHC	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		640222

## Preparation Instructions

1. Bake chicken fillet to 165
2. Place fillet on bottom bun
3. Add 1tbsp teriyaki sauce
4. Top with bun

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	295.00		
<b>Fat</b>	4.50g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	920.00mg		
<b>Carbohydrates</b>	34.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	9.00g		
<b>Protein</b>	30.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	84.00mg	<b>Iron</b>	3.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey, Egg, and Cheese Panini

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30670

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD SHVNG 2-9.3 JENNO	9 Pound 6 Ounce (150 Ounce)	Slice into 1oz slices	208040
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	1 slice = 0.5 oz	722360
BREAD PANINI SLCD GRLLD 96-1.8Z	50		898693
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320

## Preparation Instructions

1. Slice deli turkey into 1oz slices
2. Layer 1 slice of cheese, 3 slices of turkey, and 1 slice of cheese on base of bread and top with other half of bread
3. Wrap and bake until internal temp reaches 165
4. Hold at 135 and/or serve

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	350.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	3.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	132.50mg
<b>Sodium</b>	1220.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	2.50g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 134.00mg	<b>Iron</b> 1.98mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey, Egg, and Cheese Panini

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30672

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD SHVNG 2-9.3 JENNO	9 Pound 6 Ounce (150 Ounce)	Slice into 1oz slices	208040
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice	1 slice = 0.5 oz	722360
BREAD PANINI SLCD GRLLD 96-1.8Z	50		898693
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320

## Preparation Instructions

1. Slice deli turkey into 1oz slices
2. Layer 1 slice of cheese, 1 egg patty, 3 slices of turkey, and 1 slice of cheese on base of bread and top with other half of bread
3. Wrap and bake until internal temp reaches 165
4. Hold at 135 and/or serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	385.00
<b>Fat</b>	13.50g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	140.00mg
<b>Sodium</b>	1430.00mg
<b>Carbohydrates</b>	35.50g
<b>Fiber</b>	3.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 230.00mg	<b>Iron</b> 1.98mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Burrito Bowl w Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30673

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN 6-26Z GCHC	1/2 Cup	1/2 cup prepared = .75 grain equivalents	576280
BEAN BLACK 6-10 GRSZ	1/4 Cup		557714
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
SALSA 103Z 6-10 REDG	2 Ounce	READY_TO_EAT None	452841
CORN WHL KERNEL R/SOD 6-10 P/L	1/2 Cup		222011
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup		150250

## Preparation Instructions

1. Bed of rice in the bottom of the bowl
2. Line chicken, corn, black beans, and cheese in lines
3. Portion 2oz salsa in side corner of bowl

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.333
<b>Grain</b>	2.667
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.333
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.250
<b>Starch</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	628.33
<b>Fat</b>	17.33g
<b>SaturatedFat</b>	7.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.33mg
<b>Sodium</b>	1258.67mg
<b>Carbohydrates</b>	87.83g
<b>Fiber</b>	6.67g
<b>Sugar</b>	8.83g
<b>Protein</b>	33.33g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 289.33mg	<b>Iron</b> 4.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Country Fried Steak w Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30675

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL YEAST SWEET 2Z 4-18CT GCHC	1 Each		703660
PORK PTY BRD WGRAIN 3.35Z 6-5 JTM	1 Each		661950
GRAVY MIX BROWN 12-15Z GCHC	1 Cup		242450

## Preparation Instructions

1. Cook pork patty to 165
2. Pour 1/4 cup gravy over patty
3. Serve with 2 ounce roll

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	530.00
<b>Fat</b>	22.50g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	1930.00mg
<b>Carbohydrates</b>	58.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	14.00g
<b>Protein</b>	21.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 47.00mg	<b>Iron</b> 2.62mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Italian Sub

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY ITAL COMBO SLCD 12-1 JENNO	3 Ounce		199721
CHEESE MOZZ SHRD 4-5 LOL	1/8 Cup		645170
5" Whole Grain Rich Hoagie Bun	1 bun		3737
DRESSING ITAL FF 4-1GAL PMLL	1 Tablespoon		181262

## Preparation Instructions

1. Two slices of each meat included in the italian variety pack
2. Sprinkle with 2 tablespoons shredded mozzarella cheese
3. Drizzle with 1 tablespoon italian dressing
4. Bake to 165

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	341.00		
<b>Fat</b>	11.62g		
<b>SaturatedFat</b>	4.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.80mg		
<b>Sodium</b>	1046.90mg		
<b>Carbohydrates</b>	32.02g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	5.52g		
<b>Protein</b>	22.64g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	138.77mg	<b>Iron</b>	0.96mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Taco Salad in Baked Tortilla Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30678

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 8-4.99 TYS	2 Ounce	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven 25-30 minutes at 350°F from frozen. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven 5-8 minutes in a single layer at 400°F from frozen. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave Oven 3 1 2 to 4 minutes on HIGH power from frozen; hold 1 minute.	150160
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce		150250
TORTILLA SHELL SAL ULTRGR 10 BK 24-6	1 Each		720526
TOMATO ROMA DCD 3/8 2-5 RSS	1/4 Cup		786543
LETTUCE SHRD 3/8 CUT 4-5 RSS	1 Pint		678791

## Preparation Instructions

1. Bake tortilla shell
2. Fill with 2 cups shredded lettuce
3. Top with 1/4 cup diced tomatoes and 1 ounce shredded cheddar cheese
4. Serve with 2 ounce chicken or beef (use 3 ounce scoop)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.702
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	457.19
<b>Fat</b>	27.67g
<b>SaturatedFat</b>	9.83g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.33mg
<b>Sodium</b>	590.00mg
<b>Carbohydrates</b>	31.44g
<b>Fiber</b>	4.70g
<b>Sugar</b>	3.40g
<b>Protein</b>	20.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 241.32mg	<b>Iron</b> 1.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Potato Soup

<b>Servings:</b>	672.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Fluid Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30679

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
2% Milk	16 Gallon		
SPICE ONION SALT 36Z TRDE	1/2 Cup		224979
BUTTER PRINT SLTD GRD AA 36-1 GCHC	4 1/2 Pound		191205
SALT IODIZED 25 CARG	3/4 Cup		108286
SPICE CELERY SALT 32Z TRDE	3/4 Cup		231517
SPICE PEPR BLK REG FINE GRIND 16Z	3/4 Cup		225037
HASHBROWN SHRD IQF 6-3 GCHC	18 Package		316334
BACON TOPPING 1 DCD 10 HRML	20 Pound		827002
STARCH CORN 24-1 ARGO	3 Pound		108413
CHEESE AMER 160CT SLCD 6-5 COMM	15 Pound		150260

## Preparation Instructions

Heat 15 gallon Milk and Butter, add seasonings, potatoes and bacon. Heat to 190 degrees . Mix corn starch with 1 gallon milk and add to milk. Bring to boil. turn heat off and add cheese slices stirring frequently. Only use kettle on a low heat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 672.00

Serving Size: 6.00 Fluid Ounce

### Amount Per Serving

<b>Calories</b>	207.88		
<b>Fat</b>	11.88g		
<b>SaturatedFat</b>	6.41g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	47.27mg		
<b>Sodium</b>	799.91mg		
<b>Carbohydrates</b>	14.20g		
<b>Fiber</b>	0.86g		
<b>Sugar</b>	5.64g		
<b>Protein</b>	11.00g		
<b>Vitamin A</b>	6.07IU	<b>Vitamin C</b>	1.62mg
<b>Calcium</b>	75.16mg	<b>Iron</b>	0.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken noodle soup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30680

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BASE CHIX RSTD NO ADDED MSG 6-1 GSIG	1 Pint	Heat 15 gal. water in kettle and bring to a boil. Add chicken base slowly	110601
CELERY DCD IQF 6-4 GCHC	1 Cup		261513
ONION VIDALIA SWT 10 P/L	1 Cup		558133
CARROT FZ 30 COMM	1 Cup		150390
CHIX DCD 40 COMM	1 Pound		110530
PASTA FETT 10 8-2.5 PG	1 Pound	Break the pasta in 4 pieces each	721344
SPICE PEPR BLK REG FINE GRIND 16Z	1 Teaspoon		225037

## Preparation Instructions

Bring water to a boil, add the chicken base. Add diced onion, celery, carrots and chicken, boil for about ten minutes and add the pasta.

Cook until the pasta is ready

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	60.01		
<b>Fat</b>	0.59g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.20mg		
<b>Sodium</b>	54.64mg		
<b>Carbohydrates</b>	11.40g		
<b>Fiber</b>	0.84g		
<b>Sugar</b>	1.15g		
<b>Protein</b>	2.72g		
<b>Vitamin A</b>	0.02IU	<b>Vitamin C</b>	0.11mg
<b>Calcium</b>	3.35mg	<b>Iron</b>	0.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Boneless Chicken Wings w Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30981

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN 4- 7.5	250 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
DOUGH BISC HNY CORN WGRAIN 168- 2.75Z	50 Each	<b>BAKE</b> PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. ON A FULL SHEET PAN: INDIVIDUALS 8X5;CONVECTION OVEN: 350 DEGREES F FOR 14-17 MINUTES FOR INDIVIDUAL PANNEDBAKE TIMES WILL VARY DUE TO OVENS. ADJUST ACCORDINGLY. Marketing Tips	576272

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 5.00 Each

### Amount Per Serving

<b>Calories</b>	430.00
<b>Fat</b>	18.75g
<b>SaturatedFat</b>	7.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	837.50mg
<b>Carbohydrates</b>	44.50g
<b>Fiber</b>	4.50g
<b>Sugar</b>	5.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 11.25mg	<b>Iron</b> 2.69mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Cookie Homemade

<b>Servings:</b>	280.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31020

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR CANE GRANUL 25 GCHC	1 Quart 1 Pint (6 Cup)		108642
SUGAR BROWN LT 12-2 P/L	1 Quart 1 Pint (6 Cup)		860311
BUTTER PRINT SLTD GRD AA 36-1 GCHC	2 Quart		191205
FLAVORING VANILLA IMIT 1-QT KE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		110736
EGG SCRMBD LIQ MIX W/MILK 15-2 GCHC	1 Pint		762861
FLOUR ARTISAN PATENT 50 HERT	1 Gallon		798801
BAKING SODA 36Z GCHC	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		513849
CHOC CHIPS SMISWT MINI 4000/4-4	2 Quart		283630

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 280.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	145.81		
<b>Fat</b>	7.09g		
<b>SaturatedFat</b>	4.19g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	18.64mg		
<b>Sodium</b>	103.52mg		
<b>Carbohydrates</b>	20.39g		
<b>Fiber</b>	0.70g		
<b>Sugar</b>	11.92g		
<b>Protein</b>	1.90g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.91mg	<b>Iron</b>	0.94mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Breakfast Burrito Scratch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31927

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE WHL HOG BULK TUBE 5-2 GCHC	1 Ounce		836753
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/4 Cup		481492
TORTILLA WHLWHE 8 12-12CT LABAND	1 Each	HEAT_AND_SERVE HEAT AND SERVE	202986

## Preparation Instructions

1. Cook eggs according to package instructions.
2. Portion 2oz cooked eggs and 1 oz sausage onto tortilla shell.
3. Wrap tortilla into burrito
4. Wrap burrito in foil wrap and place on baking tray
5. Place baking tray in cooler
6. Reheat morning of service to 165. Serve hot.

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Feel free to change sausage to ham, turkey, etc. to provide variety to students.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	315.00		
<b>Fat</b>	19.00g		
<b>SaturatedFat</b>	6.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	170.00mg		
<b>Sodium</b>	575.00mg		
<b>Carbohydrates</b>	24.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	91.00mg	<b>Iron</b>	2.54mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Beef and Bean Burrito

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31928
<b>School:</b>	CORYDON CENTRAL HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 1/2 Pound	UNPREPARED	100012
Beef, Fine Ground 85/15, Frozen	10 Pound		100158
BEAN REFRD 6-10 ROSARITA	1 Gallon 1 Pint (18 Cup)		293962
SALSA 103Z 6-10 REDG	1 Pint 1/2 Cup (2 1/2 Cup)	READY_TO_EAT None	452841
SEASONING TACO MIX 2-5 GRSZ	1/2 Pound		427446
TORTILLA WHLWHE 10 12-12CT LABAND	50 Each	HEAT_AND_SERVE HEAT AND SERVE	456330

## Preparation Instructions

1. Brown ground beef and add taco seasoning
2. Mix with refried beans, salsa, and cheddar cheese
3. Place tortilla shells in warmer to prevent tearing while folding
4. Portion beef and bean mixture onto tortillas using #8 scoop (1/2 cup). Fold tortilla around beef and bean mixture.
5. Place burritos seam side down onto pan coated tray
6. Bake at 375F for 15 minutes or until internal temperature reaches 165F

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.500
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	587.94
<b>Fat</b>	26.57g
<b>SaturatedFat</b>	9.84g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	78.09mg
<b>Sodium</b>	999.16mg
<b>Carbohydrates</b>	53.22g
<b>Fiber</b>	8.32g
<b>Sugar</b>	1.99g
<b>Protein</b>	34.08g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 34.46mg	<b>Iron</b> 51.71mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chicken and Dumplings

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31929

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	8 Pound	UNSPECIFIED Not currently available	570533
ENTREE CHIX DUMPLING 4-8# QCHEF	2 Package		539733
BASE CHIX 12-1 KE	1 Fluid Ounce		160790
MARGARINE SPRD 6-3.5 GCHC	4 Fluid Ounce		772361
CELERY DCD 1/4 2-5 RSS	1/2 Cup		198196
ONION DCD 1/4 2-5 RSS	1/2 Cup		198307
CARROT MATCHSTICK SHRED 2-3 RSS	1/4 Cup		198161
DOUGH PIZZA SHTD 7 96-5.5Z DELSUPR	25 Each	<p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F (-18 C) OR BELOW UNTIL READY TO USE. 2. REMOVE DESIRED NUMBER OF SHEETED PIZZA DOUGHS FROM THE FREEZER AND ALLOW EACH TO THAW OVERNIGHT ON OILED PIZZA PANS COVERED WITH PLASTIC. (AS AN ALTERNATIVE, THAW ON PIZZA PANS AND USE THE SAME DAY AFTER 2-3 HOURS THAW TIME AT ROOM TEMPERATURE, 75 F (23 C) . MAXIMUM TIME IN RETARDER IS 3 DAYS. 3. REMOVE THAWED SHELLS FROM THE RETARDER (COOLER) AND TRANSFER TO PIZZA PANS. ALLOW DOUGH TO DOUBLE IN SIZE. 4. TO PREVENT PRODUCT FROM DRYING OUT DURING TEMPERING (THAWING), COVER WITH PLASTIC OR BRUSH WITH OIL. 5. CAREFULLY DOCK THE DOUGH TO MINIMIZE BLISTERING AND OR BUBBLING DURING BAKING. FOR A THICKER CRUST, ALLOW THE PIZZA TO CONTINUE TO RISE UNTIL DESIRED THICKNESS IS OBTAINED. 6. ADD SAUCE, CHEESE AND TOPPINGS. 7. BAKE AS FOLLOWS: DECK OVEN: 500 F (260 C) 8 - 11 MINUTES CONVECTION OVEN: 375 F (190 C) 7 - 10 MINUTES FORCED AIR CONVEYOR: 500 F (260 C) 4.5 - 5.5 MINUTES CONVENTIONAL OVEN: 450 F (230 C) 10 - 12 MINUTES</p>	570753



Description Measurement Prep Instructions

DistPart  
#

SPICE PEPR BLK  
REG FINE GRIND 1 Tablespoon  
16Z

225037

## Preparation Instructions

1. Boil dumplings in bag
2. Cook diced chicken until 160F
3. Cut pizza dough to desired dumpling size
4. Combine chicken, cut pizza dough, and bagged dumplings
5. Add chicken broth to desired consistency
6. Cook until temperature reaches 165F
7. Serve in 1 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.133
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.005
<b>OtherVeg</b>	0.014
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	1323.05		
<b>Fat</b>	32.25g		
<b>SaturatedFat</b>	9.37g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	149.37mg		
<b>Sodium</b>	6370.28mg		
<b>Carbohydrates</b>	200.03g		
<b>Fiber</b>	6.41g		
<b>Sugar</b>	6.73g		
<b>Protein</b>	52.60g		
<b>Vitamin A</b>	112.57IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	12.34mg	<b>Iron</b>	11.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Buffalo Diced Chicken Sub

<b>Servings:</b>	76.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31930

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Hinged Whole Grain Rich Hoagie Bun	76 Each		3742
SAUCE SRIRACHA CHILI 4-5GAL FRNKS	1 Quart		606431
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	20 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

1. Cook chicken to 160 and drain
2. Toss in hot sauce, cover, and refrigerate overnight
3. Reheat chicken to 165F
4. Portion 3oz chicken on each sub and sprinkle 1 ounce mozzarella cheese on top
5. Place in warmer to hold until service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.509
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 76.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	365.09		
<b>Fat</b>	9.52g		
<b>SaturatedFat</b>	2.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	77.19mg		
<b>Sodium</b>	802.16mg		
<b>Carbohydrates</b>	33.93g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	6.53g		
<b>Protein</b>	31.26g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chocolate Peanut Butter Bites

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32520

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS OLD FASHIONED 12-42Z QUAK	1 1/2 Cup		304096
PEANUT BUTTER CRMY 6-4 JIF	6 Fluid Ounce		241851
SYRUP PANCK SGR FR 6-.5GAL GCHC	1/4 Cup		258120
CHOC CHIPS SMISWT 1000/ 25 HERSH	1 Fluid Ounce		242115

## Preparation Instructions

1. Place oats, peanut butter, honey, and chocolate chips in a (mixer) bowl and stir to combine.
2. Stir until combined.
3. Use scoop to portion
4. Refrigerate or freeze in covered container.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.750
<b>Grain</b>	0.469
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 3.00 Each

Amount Per Serving			
<b>Calories</b>	220.00		
<b>Fat</b>	14.13g		
<b>SaturatedFat</b>	3.44g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	115.00mg		
<b>Carbohydrates</b>	20.13g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	4.63g		
<b>Protein</b>	7.38g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.99mg	<b>Iron</b>	1.42mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mashed Potatoes

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33763

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SPREAD 6-5 SMRT BAL	1 Cup 2 Fluid Ounce (20 Tablespoon)	READY_TO_EAT Ready to use.	684300
POTATO PRLS EXCEL 12-26.5Z SMART SERV	1 Pound 10 1/2 Ounce (26 1/2 Ounce)	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	146581

## Preparation Instructions

- 1: Pour 4 Liters (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half steamtable pan.
  - 2: Add 1 bag of potatoes and stir for 15 seconds.
  - 3: Let stand for 5 minutes, stir and serve.
- Season with Smart Balance (1.5 cup per 6" deep half size steam table pan) and pepper (to taste).  
1/2 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	115.85		
<b>Fat</b>	5.90g		
<b>SaturatedFat</b>	1.75g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	139.66mg		
<b>Carbohydrates</b>	14.05g		
<b>Fiber</b>	1.61g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.43mg	<b>Iron</b>	0.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Seasoned Breakfast Potatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33903

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO CUBES 6-5 REDSTNCAN	9 Pound 6 Ounce (150 Ounce)		271880

## Preparation Instructions

Cook from frozen state

1. CONVECTION OVEN: PREHEAT OVEN TO 425°F, SPREAD FROZEN CUBES EVENLY ON A SHALLOW BAKING PAN, BAKE FOR 12-14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 3.00 Ounce

#### Amount Per Serving

<b>Calories</b>	110.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	440.00mg		
<b>Carbohydrates</b>	20.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	2.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	0.40mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## Nutrition - Per 100g

<b>Calories</b>	129.34		
<b>Fat</b>	4.70g		
<b>SaturatedFat</b>	0.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	517.35mg		
<b>Carbohydrates</b>	23.52g		
<b>Fiber</b>	1.18g		
<b>Sugar</b>	1.18g		
<b>Protein</b>	2.35g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.76mg	<b>Iron</b>	0.47mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Tomato and Cucumber Salad

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33907

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	3 Quart 1/2 Cup (12 1/2 Cup)	Halve or leave whole depending on size	129631
CUCUMBER SELECT 24CT MRKN	3 Quart 1/2 Cup (12 1/2 Cup)	Quarter and dice cucumbers	418439
DRESSING ITAL FF 4-1GAL KENS	1 Pint 1 1/2 Cup (3 1/2 Cup)		188875

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	20.40
<b>Fat</b>	0.15g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	277.15mg
<b>Carbohydrates</b>	4.43g
<b>Fiber</b>	0.70g
<b>Sugar</b>	2.87g
<b>Protein</b>	0.55g
<b>Vitamin A</b> 402.15IU	<b>Vitamin C</b> 6.90mg
<b>Calcium</b> 8.66mg	<b>Iron</b> 0.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Grape Tomatoes

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34043

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

## Preparation Instructions

1. Rinse tomatoes
2. Bag in half cup portions ekon-o-pac system

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	0.32		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.09mg		
<b>Carbohydrates</b>	0.07g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.05g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	14.99IU	<b>Vitamin C</b>	0.25mg
<b>Calcium</b>	0.18mg	<b>Iron</b>	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Kiwi Slices

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.50 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34044

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KIWI 33-39CT P/L	100 Each		287008

## Preparation Instructions

1. Wash kiwi
2. Slice/quarter
3. 2 kiwi = 1/2 cup fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Each

#### Amount Per Serving

<b>Calories</b>	100.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	16.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 144.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bush's Baked Beans

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34100

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR R/SOD 6-10 BUSH	1 Gallon 2 Quart 1 Cup (25 Cup)		567091

## Preparation Instructions

1. Heat to internal temp of 165
2. Serve in 1/2 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	150.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	370.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	7.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	50.00mg	<b>Iron</b>	1.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Warm Breakfast Pastry

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34172

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package	<p><b>BAKE</b> Heat &amp; Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* **DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	894291
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	1 Each	<p><b>HEAT_AND_SERVE</b> Heat &amp; Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within</p> <p><b>READY_TO_EAT</b> Heat &amp; Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321722
BAR BKFST CINN TST & CHS IW 72-2.36Z	1 Each		880415
BAR BKFST COCOA FILLED IW 72-2.43Z	1 Each		880370
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each	<p><b>BAKE</b> Heat &amp; Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes</p>	838350

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each	<b>BAKE</b> Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	1 Each	<b>READY_TO_EAT</b> Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. <b>DO NOT</b> place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing <b>THAW AND SERVE</b> : Thaw at room temperature for 120 minutes prior to serving. <b>WARMING UNIT</b> : Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034
CRESCENT FILLD GRP 72-2.29Z PILLS	1 Each	<b>READY_TO_EAT</b> Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321752

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

#### Amount Per Serving

Calories	229.75		
Fat	6.59g		
SaturatedFat	1.39g		
Trans Fat	0.05g		
Cholesterol	31.50mg		
Sodium	232.76mg		
Carbohydrates	38.25g		
Fiber	2.41g		
Sugar	12.00g		
Protein	4.99g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.02mg	Iron	1.73mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Blueberry Smoothie

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34177

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

## Preparation Instructions

1. Blend equal parts frozen blueberries and vanilla yogurt
2. Portion in 1 cup servings
3. Hold at between 33-41F during service
4. Freeze below 31F to hold for future service

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	140.00
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	52.50mg
<b>Carbohydrates</b>	29.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 0.90mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Fruit and Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34181

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/4 Cup		119873
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1/4 Cup		621420

## Preparation Instructions

1. Portion a HEAPING 1/2 cup of strawberries, blueberries, or a mixture of both into the bottom of a 9oz cup
2. Cover the fruit with 1/2 cup yogurt
3. Hold between 33-41F

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	132.50
<b>Fat</b>	0.75g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	52.50mg
<b>Carbohydrates</b>	27.75g
<b>Fiber</b>	2.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 100.00mg	<b>Iron</b> 1.35mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pasta Salad

<b>Servings:</b>	200.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34187

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN 2-10 DAKOTA	6 1/4 Pound		229951
SPICE PEPR BLK CRACKED 18Z TRDE	2 Teaspoon		516856
SPICE GARLIC POWDER 21Z TRDE	1 1/3 Tablespoon		224839
SUGAR BEET GRANUL 50 GCHC	1 3/4 Quart		224413
SPICE PARSLEY FLAKES 11Z TRDE	1 1/2 Tablespoon		513989
PEPPERS GREEN DCD 1/4 2-3 RSS	1 Pound		198331
ONION DCD 1/4 2-5 RSS	1 Pound		198307
TOMATO GRAPE SWT 10 MRKN	1 Gallon 2 Quart (24 Cup)		129631
CUCUMBER SELECT 4-6CT MRKN	1 Gallon 3 Quart (28 Cup)		361510
BROCCOLI FLORET BITE SIZE 2-3 RSS	2 Gallon 2 Quart (40 Cup)		732451
DRESSING ITAL FF 4-1GAL PMLL	2 Quart 1 Cup (9 Cup)		181262

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.

Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.

Pour 3 1/4 cups (about 1 lb 11 oz) dressing over 1 gal 3 qt (about 8 lb 10 oz) vegetable and pasta mixture. Stir well.

Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan (12" x 20" x 2 1/2").

For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 5/8 cup vegetable and 1 serving grains/bread.

6: \*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.250
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 0.50 Cup

Amount Per Serving

<b>Calories</b>	96.69		
<b>Fat</b>	0.43g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	121.22mg		
<b>Carbohydrates</b>	21.92g		
<b>Fiber</b>	2.31g		
<b>Sugar</b>	9.87g		
<b>Protein</b>	3.04g		
<b>Vitamin A</b>	414.34IU	<b>Vitamin C</b>	35.63mg
<b>Calcium</b>	27.68mg	<b>Iron</b>	0.86mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Cook's Choice

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34197

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
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## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	0.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	0.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Sweet Mini Peppers

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34198

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI 20 P/L	1/2 Cup		667582

## Preparation Instructions

1. Rinse peppers
2. Bag 2.5 oz (weight) per bag using the ekon-o-pac system

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

#### Amount Per Serving

<b>Calories</b>	14.29		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	3.33g		
<b>Fiber</b>	1.43g		
<b>Sugar</b>	1.90g		
<b>Protein</b>	0.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	9.52mg	<b>Iron</b>	0.17mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Cottage Cheese

<b>Servings:</b>	1.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34199

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1 4-5 GCHC	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.130
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	60.00
<b>Fat</b>	1.00g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	400.00mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 90.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Bosco Sticks w Marinara Sauce

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34203
<b>School:</b>	CORYDON CENTRAL HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	25 Each	READY_TO_EAT None	677721
BREADSTICK CHS STFD 7 WGRAIN 108CT	50 Each	<p><b>CONVECTION</b> Convection Oven</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400° F.</li> <li>2. Place Bosco Sticks on a baking sheet.</li> <li>3. THAWED: 7-9 minutes.</li> <li>4. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p> <p><b>DEEP_FRY</b> Deep Fry</p> <ol style="list-style-type: none"> <li>1. Preheat oil to 350° F.</li> <li>2. THAWED ONLY: 1-2 minutes.</li> <li>3. Let stand 2 minutes before serving.</li> </ol> <p><b>CAUTION: FILLING MAY BE HOT!</b> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p><b>THAW</b> Thawing Instructions</p> <ol style="list-style-type: none"> <li>1. Thaw before baking.</li> <li>2. Keep Bosco Sticks covered while thawing.</li> <li>3. Bosco Sticks may be thawed in packaging.</li> <li>4. Bosco Sticks have 8 days shelf life when refrigerated.</li> </ol> <p>Oven temperatures may vary. Adjust baking time and or temperature as necessary.</p>	555982

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	4.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

### Amount Per Serving

<b>Calories</b>	470.00
<b>Fat</b>	13.00g
<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	780.00mg
<b>Carbohydrates</b>	60.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	26.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 422.00mg	<b>Iron</b> 4.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Orange Chicken w Fried Rice

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34281

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	3 Ounce	1 cup = 5.9 oz	676463
CHIX BRST CHNK BRD WGRAIN CKD 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790
SAUCE ORNG GINGR 2-1GAL ASIAN MENU	1 Tablespoon		285567

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	377.29		
<b>Fat</b>	9.27g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	858.73mg		
<b>Carbohydrates</b>	52.46g		
<b>Fiber</b>	4.03g		
<b>Sugar</b>	8.53g		
<b>Protein</b>	21.05g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.08mg	<b>Iron</b>	1.44mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Waffles w Sausage Patties

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34295

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	10 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269260
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	10 Package	<b>BAKE</b> Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269240
WAFFLE MINI MAPL IW 72-2.65Z EGGO	10 Package		284811
WAFFLE MINI CINN IW 72-2.65Z EGGO	10 Package		284821
WAFFLE BEL WHLWHE 48-3.5 GINNYS	10 Each		243572
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	100 Each	<b>BAKE</b> Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	468.00
<b>Fat</b>	27.20g
<b>SaturatedFat</b>	9.60g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	55.00mg
<b>Sodium</b>	608.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	12.60g
<b>Protein</b>	15.80g
<b>Vitamin A</b> 212.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.00mg	<b>Iron</b> 2.23mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Dried Fruit

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34297

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Cup	READY_TO_EAT	544426
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681
APPLE DRIED NAT 125-.34Z TREE TOP	1		907621

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	191.00
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.80mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.80g
<b>Sugar</b>	42.75g
<b>Protein</b>	1.20g
<b>Vitamin A</b> 3.70IU	<b>Vitamin C</b> 0.10mg
<b>Calcium</b> 15.90mg	<b>Iron</b> 1.17mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Banana

<b>Servings:</b>	4.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34298

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	4 Each		200999

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	105.00
<b>Fat</b>	0.40g
<b>SaturatedFat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.20mg
<b>Carbohydrates</b>	27.00g
<b>Fiber</b>	3.10g
<b>Sugar</b>	14.00g
<b>Protein</b>	1.30g
<b>Vitamin A</b> 75.52IU	<b>Vitamin C</b> 10.27mg
<b>Calcium</b> 5.90mg	<b>Iron</b> 0.31mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Egg and Cheese Breakfast Burrito

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34317
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 8 12-12CT LABAND	1 Each		202986
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/4 Cup		481492

## Preparation Instructions

1. Cook eggs according to package instructions.
  2. Portion 2oz cooked eggs and 1 oz shredded cheese onto tortilla shell.
  3. Wrap tortilla into burrito
  4. Wrap burrito in foil wrap and place on baking tray
  5. Place baking tray in cooler
  6. Reheat morning of service to 165. Serve hot.
- Feel free to add breakfast sausage, ham, turkey, etc. to provide variety to students.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	255.00
<b>Fat</b>	13.25g
<b>SaturatedFat</b>	4.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	162.50mg
<b>Sodium</b>	665.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.50g
<b>Protein</b>	11.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 188.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Cherry Tomatoes

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.70 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34319
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT 10 MRKN	1/2 Cup		129631

## Preparation Instructions

1. Rinse tomatoes
2. Bag tomatoes using the ekon-o-pac system in 1/2 cup portions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.70 Ounce

#### Amount Per Serving

<b>Calories</b>	16.20		
<b>Fat</b>	0.20g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	4.50mg		
<b>Carbohydrates</b>	3.50g		
<b>Fiber</b>	1.10g		
<b>Sugar</b>	2.50g		
<b>Protein</b>	0.80g		
<b>Vitamin A</b>	749.70IU	<b>Vitamin C</b>	12.33mg
<b>Calcium</b>	9.00mg	<b>Iron</b>	0.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	21.16		
<b>Fat</b>	0.26g		
<b>SaturatedFat</b>	0.07g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	5.88mg		
<b>Carbohydrates</b>	4.57g		
<b>Fiber</b>	1.44g		
<b>Sugar</b>	3.27g		
<b>Protein</b>	1.05g		
<b>Vitamin A</b>	979.44IU	<b>Vitamin C</b>	16.11mg
<b>Calcium</b>	11.76mg	<b>Iron</b>	0.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Macaroni and Cheese

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34540
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cold Water	6 Gallon		0000
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 Pound 4 Ounce (100 Ounce)		229941
1% LOW FAT MILK - GALLON	3 Quart 1/2 Cup (12 1/2 Cup)		1350
CHEESE CHED MLD SHRD 4-5 LOL	3 Gallon 1 Pint (50 Cup)		150250
BUTTER SPREAD 6-5 SMRT BAL	1 Cup	READY_TO_EAT Ready to use.	684300

## Preparation Instructions

### Directions

#### To Prepare in Advance

1. Bring water to a boil in 22 quart stock pot.
2. Pour dry macaroni into boiling water and cook for 8 minutes.
3. Remove macaroni from boiling water and shock in ice water immediately. After 1 minute, drain the pasta. Critical Control Point (CCP): Hold macaroni at 41°F or lower.

#### To Prepare Cheese Sauce

1. On low heat, melt butter in 12 quart stock pot.
2. Slowly add flour to melted butter to make a roux. Cook roux over medium heat for 10 minutes. Remove roux from pot, set aside.
3. Pour milk into empty roux pot. Bring milk to simmer over medium heat.
4. Add kosher salt, white pepper, and granulated onion to simmering milk. Gently stir to mix well.
5. Add roux slowly to simmering milk, continue to stir well. Continue to cook roux and milk sauce on low heat until sauce thickens and is smooth.
6. Add parmesan cheese, stir until well blended.
7. Add shredded cheddar cheese, one 1/2 cup at a time, stirring continuously until cheese melts and sauce is smooth.

8. Remove sauce from heat. Pour into one 12 inch by 20 inch by 2 inch pan to cool. CCP: If macaroni held for next day service, reduce temperature from 135°F to 70°F within 2 hours and from 70°F to 41°F or colder within an additional 4 hours.

#### To Prepare for Service

1. Mix cooked macaroni and cheese sauce in one 18 inch by 26 inch by 9 inch food container on the same day of service.
2. Portion ¾ cup of cheese sauce and macaroni mixture into individual ovenable trays.
3. Top each individual serving of macaroni and cheese with 2 tablespoons of shredded cheddar cheese. Hold in refrigerator. CCP: Hold macaroni and cheese in refrigerator at 41°F or lower.
4. Preheat convection oven 325°F or conventional oven 350°F. Cook for approximately 20 minutes. CCP: Heat macaroni and cheese to 165°F for at least 15 seconds.

CCP: Hold macaroni and cheese at 135°F or higher for service.

Serve one 9.5 ounce individual container of macaroni and cheese for each serving.

#### Nutritional Analysis

Calories, in K calories: 349

Carbohydrates, in grams: 21.8

Protein, in grams: 21.30

Saturated fat, in grams: 12.30

Trans fat, in grams: 0

Total fat, in grams: 19.80

Sodium, in milligrams: 604.60

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	343.50
<b>Fat</b>	20.57g
<b>SaturatedFat</b>	12.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	61.88mg
<b>Sodium</b>	409.40mg
<b>Carbohydrates</b>	23.88g
<b>Fiber</b>	2.00g
<b>Sugar</b>	2.88g
<b>Protein</b>	16.50g
<b>Vitamin A</b> 1.25IU	<b>Vitamin C</b> 0.25mg
<b>Calcium</b> 406.81mg	<b>Iron</b> 1.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available



# Popcorn Chicken

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	11.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34541
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD WGRAIN CKD 6-5	125 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 27-29 MINUTES AT 350F; CONVECTION OVEN FOR 10-12 MINUTES AT 350F.	536790

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 11.00 Each

#### Amount Per Serving

<b>Calories</b>	210.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	1.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	50.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	17.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	200.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Egg and Cheese Breakfast Biscuit

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34542
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	50 Each		741320
CHEESE AMER 160CT SLCD R/F R/SOD 6-5	50 Slice		189071
DOUGH BISCUIT WGRAIN 216-2.1Z RICH	50 Each	<b>BAKE</b> 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	267.70
<b>Fat</b>	13.40g
<b>SaturatedFat</b>	6.75g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	104.50mg
<b>Sodium</b>	596.20mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	2.60g
<b>Sugar</b>	3.00g
<b>Protein</b>	10.40g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 144.08mg	<b>Iron</b> 1.18mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Broccoli

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34543
<b>School:</b>	CORYDON ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORET REG CUT 4-3 RSS	1/2 Cup		732478

## Preparation Instructions

1. Bag 1/2 cup (1.2 ounce) portions of broccoli florets in ekon-o-pac system
2. Store in cooler

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.250
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

#### Amount Per Serving

<b>Calories</b>	15.45		
<b>Fat</b>	0.15g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	15.00mg		
<b>Carbohydrates</b>	3.00g		
<b>Fiber</b>	1.20g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	1.30g		
<b>Vitamin A</b>	283.47IU	<b>Vitamin C</b>	40.59mg
<b>Calcium</b>	21.39mg	<b>Iron</b>	0.33mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Lasagna Roll Up w Garlic Breadstick

<b>Servings:</b>	18.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35168
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
CHEESE MOZZ SHRD 4-5 LOL	1 Pint 1/4 Cup (2 1/4 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE SPAGHETTI FCY 6-10 REDPK	1 Quart 1 Cup (5 Cup)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
DOUGH BREADSTICK CHS GARL 320CT	18 Each		761830

## Preparation Instructions

1. Spray 2" full size pan with nonstick spray
2. Spread 3 cups sauce on bottom of pan
3. Line 18 roll ups (3 x 6) in the pan
4. Pour 5 cups of sauce over the top of the roll ups and spread
5. Distribute 25 ounces of shredded mozzarella cheese over the top
6. Cover tightly with aluminum foil
7. Bake at 350 degrees for 50 minutes
8. Check temp at 30 minutes
9. Internal temp should reach 165 degrees

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	413.23
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	27.50mg
<b>Sodium</b>	878.08mg
<b>Carbohydrates</b>	48.55g
<b>Fiber</b>	5.02g
<b>Sugar</b>	11.53g
<b>Protein</b>	23.52g
<b>Vitamin A</b> 400.00IU	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 441.61mg	<b>Iron</b> 1.84mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Pot Stickers

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35169
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN 8- 2.5	300 Each	<p>For food safety and quality, heat before eating to an internal temperature of 165 degree F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add 0.5 oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350 degrees F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.</p>	640331

## Preparation Instructions

No Preparation Instructions available.



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 6.00 Each

### Amount Per Serving

<b>Calories</b>	180.00		
<b>Fat</b>	5.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.00mg		
<b>Sodium</b>	410.00mg		
<b>Carbohydrates</b>	23.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	2.00g		
<b>Protein</b>	13.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.90mg	<b>Iron</b>	2.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Chili w 1/2 PB Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35173
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
100158 - Beef, Find Ground, 85/15, Frozen	10 Pound	Brown and Drain	100158
JUICE TOMATO 100 12-46FLZ SACRM	1 Gallon 1 Quart 1 Pint 7 1 Fluid Ounce (184 Fluid Ounce)	READY_TO_EAT None	302414
TOMATO DCD PETITE 6-10 GCHC	1 Gallon 1 Quart 1 Pint 1 3/5 Cup (23 3/5 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BEAN CHILI HOT 6-10 BROOKS	1 Gallon 1 Quart 1 Pint 1 3/5 Cup (23 3/5 Cup)		785024
SPICE CHILI POWDER MILD 16Z TRDE	4 Fluid Ounce		331473
PASTA ELBOW MACAR 51 WGRAIN 2-10	3 Pound 2 Ounce (50 Ounce)		229941
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	100 Package	READY_TO_EAT Ready to Enjoy	112702
24 oz. Whole Grain Rich Sandwich Bread	100 Slice		1292
PEANUT BUTTER CRMY 6-4 JIF	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)		241851

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 6.00 Ounce

<b>Amount Per Serving</b>			
<b>Calories</b>	483.29		
<b>Fat</b>	20.17g		
<b>SaturatedFat</b>	4.64g		
<b>Trans Fat</b>	1.20g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	697.15mg		
<b>Carbohydrates</b>	54.39g		
<b>Fiber</b>	9.19g		
<b>Sugar</b>	6.30g		
<b>Protein</b>	22.14g		
<b>Vitamin A</b>	141.60IU	<b>Vitamin C</b>	1.13mg
<b>Calcium</b>	36.14mg	<b>Iron</b>	7.08mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	284.13		
<b>Fat</b>	11.86g		
<b>SaturatedFat</b>	2.73g		
<b>Trans Fat</b>	0.70g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	409.86mg		
<b>Carbohydrates</b>	31.97g		
<b>Fiber</b>	5.40g		
<b>Sugar</b>	3.70g		
<b>Protein</b>	13.02g		
<b>Vitamin A</b>	83.25IU	<b>Vitamin C</b>	0.67mg
<b>Calcium</b>	21.25mg	<b>Iron</b>	4.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Bacon Egg and Cheese Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-35175
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THK SLCD 3-100CT GFS	50 Slice		590495
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	50 Each		208990
CHEESE AMER 160CT SLCD R/F 6-5 LOL	100 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474

## Preparation Instructions

Bake and assemble sandwiches day of service.

Bun Bottom -> Egg Patty -> Bacon Slice -> Cheese Slice -> Bun Top

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	292.50
<b>Fat</b>	12.55g
<b>SaturatedFat</b>	4.60g
<b>Trans Fat</b>	0.02g
<b>Cholesterol</b>	95.50mg
<b>Sodium</b>	874.25mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	17.30g
<b>Vitamin A</b> 32.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 213.00mg	<b>Iron</b> 8.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Sausage Biscuit and Country Gravy

<b>Servings:</b>	66.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38063

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	66 Each	BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.	785880
DOUGH BISC WGRAIN EZ SPLIT 216-2.51Z	66 Each	BAKE PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND CENTER SPRINGS BACK WHEN TOUCHED LIGHTLY. BAKING INSTRUCTIONS PANNING FULL SHEET   HALF SHEET 6 X 9 (54 BISCUITS)   4 X 6 (24 BISCUITS) OVEN   TEMP.   TIME   TIME STANDARD REEL   375°F   34-38 M   31-35 M RACK   350°F   30-34 M   27-31 M CONVECTION*   325°F   23-27 M   21-25 M *ROTATE PAN HALFWAY THROUGH BAKE TIME	269210
GRAVY MIX BISC WHITE SAUCE 12-24Z	1 Pound 8 Ounce (24 Ounce)		242420

## Preparation Instructions

1. Wash hands and put on new gloves
  2. Tray biscuit dough and bake at 325 for 23-27 minutes until golden brown
  3. Tray patties and bake at 350 for 7-8 minutes or until internal temp reaches 165F
  4. Mix 1 bag of white gravy mix with 12 cups boiling water (16 cup yield)
  5. Make biscuit sandwiches and hold in steam table pan on serving line - surplus in additional well or hot holding unit
  6. Hold gravy in half deep steam table pan on serving line - surplus in additional well or hot holding unit
- Pour gravy on sausage biscuit sandwich on the serving line.
- Serving Size: 1 biscuit, 1 sausage patty, and 1/4 cup gravy

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 66.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	377.39
<b>Fat</b>	21.58g
<b>SaturatedFat</b>	9.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.00mg
<b>Sodium</b>	780.37mg
<b>Carbohydrates</b>	34.15g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.03g
<b>Protein</b>	12.03g
<b>Vitamin A</b> 56.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 142.19mg	<b>Iron</b> 1.60mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey and Cheese Cibatta

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38066

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F 6-5 LOL	50 Slice	1 slice = 0.5 oz	722360
ROLL CIAB PARBK SLCD 4X4 85- 3Z SIENNA	50 Each		745170
TURKEY BRST OVN RSTD R/SOD 2-9.95AVG	4 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	919928

## Preparation Instructions

1. Wash hands and put on clean gloves
2. Slice deli turkey into 1oz slices - Clean slicer afterwards!
3. Stack 4oz turkey and 1 slice of cheese between top and bottom ciabatta
4. Bake until internal temp reaches 165
5. Hold at 135 and/or serve



## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	256.80		
<b>Fat</b>	5.02g		
<b>SaturatedFat</b>	1.26g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	8.30mg		
<b>Sodium</b>	651.60mg		
<b>Carbohydrates</b>	45.06g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.52g		
<b>Protein</b>	7.86g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	96.00mg	<b>Iron</b>	2.54mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# BBQ Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38068

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 1/4 Pound		100101
SAUCE BBQ SWEET 4-1GAL GCHC	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	<b>READY_TO_EAT</b> Simplify back-of-house prep with this ready-to-use barbecue sauce that's good straight from the bottle or as a base for your own signature sauce.	435170
4" Wg Rich Hamburger Bun	50 bun	<b>BAKE</b> Toast if desired	3474

## Preparation Instructions

1. Combine BBQ sauce and chicken in 4" deep full sheet pan.
2. Heat until internal temperature reaches 165F. Combi Oven: Do not cover and use heat and steam setting. Convection Oven: Cover

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Serving Size = 1/2 BBQ Chicken between top and bottom bun

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	292.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	42.00mg		
<b>Sodium</b>	596.00mg		
<b>Carbohydrates</b>	45.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	21.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Teriyaki Chicken Sandwich

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38069

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
4" Wg Rich Hamburger Bun	50 bun	BAKE Toast if desired	3474
SAUCE TERIYAKI 4-64FLZ SWTBRAY	1 Quart 1 Pint 1 Fluid Ounce 1 1 Tablespoon (100 Tablespoon)	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	417622
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	7 1/2 Pound	UNSPECIFIED Not currently available	570533

## Preparation Instructions

1. Combine teriyaki sauce and chicken in 4" deep full sheet pan.
2. Heat until internal temperature reaches 165F. Combi Oven: Do not cover and use heat and steam setting.  
Convection Oven: Cover

----

Serving Size = 1/2 teriyaki Chicken between top and bottom bun

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	324.00		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	1.20g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	44.00mg		
<b>Sodium</b>	966.00mg		
<b>Carbohydrates</b>	43.80g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	19.00g		
<b>Protein</b>	19.40g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	6.00mg	<b>Iron</b>	8.48mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Breaded Mozzarella Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	9.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	900 Each	<b>BAKE</b> Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	3.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 9.00 Each

Amount Per Serving	
<b>Calories</b>	465.00
<b>Fat</b>	16.50g
<b>SaturatedFat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	22.50mg
<b>Sodium</b>	840.00mg
<b>Carbohydrates</b>	49.50g
<b>Fiber</b>	4.50g
<b>Sugar</b>	3.00g
<b>Protein</b>	28.50g
<b>Vitamin A</b> 867.00IU	<b>Vitamin C</b> 1.40mg
<b>Calcium</b> 774.00mg	<b>Iron</b> 2.66mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Hash Brown Triangles

<b>Servings:</b>	25.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38075

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 GCHC	50 Each	<p>DEEP_FRY                      Deep Fry 1.5 LBS @ 345-350°F (174°-177°C) for 3 1 2 /u2013 4 minutes. Deep fry from frozen state. Fill basket 1 2 full. Convection Oven 1.5 LBS at 400°F (205°C) for 20-25 minutes. Arrange product in single layer. Bake in preheated oven. Convection Oven: 1 .5 LBS at 400°F (205°C) for 18-20 minutes. Arrange product in single layer. Bake in preheated oven. FOR FOOD SAFETY PRODUCT MUST BE COOKED THOROUGHLY BEFORE EATING. KEEP FROZEN /u2013 DO NOT THAW. Read and follow the cooking instructions as product must reach a minimum of 165°F (74°C) internal temperature as measured by a food thermometer in several spots.</p>	518557

## Preparation Instructions

1. Bake from forzen state
2. CONVECTION: 7 OR 8 UNITS AT 400 DEGREES F. FOR 13 MINUTES. CONVENTIONAL: 7 OR 8 UNITS AT 450 DEGREES F. FOR 20 MINUTES.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 2.00 Each

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	10.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	440.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	0.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.00mg	<b>Iron</b> 0.70mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes



## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chili

<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38080

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	40 Pound		100158
ONION RED DCD 1/4 2-5 RSS	1 Quart		429201
SPICE CHILI POWDER MILD 16Z TRDE	1 Pint		331473
SPICE PAPRIKA SPANISH 16Z TRDE	3 Fluid Ounce		225002
SPICE ONION POWDER 19Z TRDE	3 Fluid Ounce		126993
SPICE CUMIN GRND 15Z TRDE	1 Cup		273945
TOMATO PASTE 26 6-10 FULLRD	1 Pint 1 Cup (3 Cup)		522372
TOMATO DCD PETITE 6-10 GCHC	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BEAN CHILI HOT 6-10 BROOKS	2 #10 CAN		785024
Cheese, Cheddar Reduced fat, Shredded	3 Quart		100012

## Preparation Instructions

Directions:

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.

Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, and water. Stir well.

Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.

Add beans. Simmer uncovered for 10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with cheese (optional).

Portion with No. 8 scoop (1/2 cup).

Notes:

1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

8: OR

9: Legume as Vegetable: 2 oz equivalent meat/meat alternate and 3/8 cup red/orange vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

11: Legume as Meat Alternate: 2 oz meat/meat alternate and 3/8 cup vegetable.

12: OR

13: Legume as Vegetable: 2 oz meat/meat alternate and 3/8 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	136.15		
<b>Fat</b>	8.67g		
<b>SaturatedFat</b>	3.35g		
<b>Trans Fat</b>	1.19g		
<b>Cholesterol</b>	35.84mg		
<b>Sodium</b>	167.35mg		
<b>Carbohydrates</b>	4.17g		
<b>Fiber</b>	1.42g		
<b>Sugar</b>	0.70g		
<b>Protein</b>	10.94g		
<b>Vitamin A</b>	38.80IU	<b>Vitamin C</b>	0.31mg
<b>Calcium</b>	5.96mg	<b>Iron</b>	0.58mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available

# Hot Chocolate

<b>Servings:</b>	16.00	<b>Category:</b>	Milk
<b>Serving Size:</b>	8.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38429

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Chocolate Milk	128 fl. oz		4994

## Preparation Instructions

1. Wash hands and put on clean gloves
2. Pour 1% chocolate milk into steam kettle, tilt skillet, or stock pot
3. Continuously stir and heat to 145 F
4. Pour into insulated container with spigot for serving
5. Dispose of any remaining hot chocolate, clean and sanitize container

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	150.00
<b>Fat</b>	2.50g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	230.00mg
<b>Carbohydrates</b>	24.00g
<b>Fiber</b>	0.00g
<b>Sugar</b>	22.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 500.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 300.00mg	<b>Iron</b> 0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available

# Pizza Bento Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38682
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	<b>THAW</b> 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<b>HEAT_AND_SERVE</b> Heat & Serve <b>MIX</b> Heat & Serve <b>READY_TO_DRINK</b> Heat & Serve <b>READY_TO_EAT</b> Heat & Serve <b>UNPREPARED</b> Heat & Serve <b>UNSPECIFIED</b> Heat & Serve	677721
CHEESE MOZZ SHRD 4-5 LOL	1/2 Cup	<b>READY_TO_EAT</b> Preshredded. Use cold or melted.	645170

## Preparation Instructions

1. Wash hands and put on clean gloves
2. Tear apart flatbread rounds; place 8 rounds in entree bowl
3. Measure 1/2 cup shredded mozzarella cheese into bowl with flatbread pieces
4. Serve with marinara cup on the side

### Serving Size

8 flatbread rounds, 1/2 cup shredded mozzarella cheese, 2-2.5 ounce marinara cup

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	900.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 432.18mg	<b>Iron</b> 2.06mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Charcuterie Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-38683
<b>School:</b>	SOUTH CENTRAL JR/SR HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	<b>THAW</b> 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
GRAPES RED SDLSS 18AVG MRKN	1/2 Cup		197831
HUMMUS ORIG 4- .5GAL GREC	1/3 Cup		209902
ORANGE BLOOD CALIF 20 SPECLTY	1/2 Cup		224990
CARROT BABY WHL PETITE 4-5 RSS	2 1/10 Ounce	1/2 cup = 2.1 oz	768146
CELERY STIX 4-3 RSS	1/2 Cup	1/2 cup = 6 sticks	781592
TURKEY BRST OVN RSTD R/SOD 2- 9.95AVG	2 Ounce	<b>READY_TO_EAT</b> Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	919928

## Preparation Instructions

1. Wash hands and put on clean gloves
2. Date bottom of box to indicate when box was made or when box should be discarded
2. Tear apart flatbread rounds; place 8 rounds in clear clamshell
3. Measure 2oz (weight) turkey slices and roll/fold into box
4. Measure 1/3 cup or 2oz (weight) hummus into 2oz portion cup and place in box
5. Fill remaining space with (2) 1/2 cup servings of fruit and (2) 1/2 cup servings of vegetables in clear clamshell



### Serving Size

8 flatbread rounds, 2oz (weight) sliced turkey, 2oz (weight) hummus, (2) 1/2 cup servings of fruit, (2) 1/2 servings of vegetables

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.200
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	435.18
<b>Fat</b>	9.77g
<b>SaturatedFat</b>	0.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	908.73mg
<b>Carbohydrates</b>	69.57g
<b>Fiber</b>	11.25g
<b>Sugar</b>	29.53g
<b>Protein</b>	21.95g
<b>Vitamin A</b> 259.62IU	<b>Vitamin C</b> 44.90mg
<b>Calcium</b> 140.59mg	<b>Iron</b> 4.09mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available